

NHRMC HEALTHY LIFESTYLES PLAN DRUG LIST | 2021

Please Note: All medications on this list are \$0 co-pay for Healthy Lifestyles Plan members. Drugs in BOLD are generics. Please note that brand-name drugs with FDA-approved generics will not be covered at a \$0 co-pay (in select instances, brand-name drugs may be preferred over the generic for \$0 copay as determined by MedImpact formulary). Please refer to the MedImpact website for the most up-to-date information on drug classifications.

Diabetes-Injectables	
Baqsimi nasal spray 3 mg/actuation	
Bydureon Bcise Auto-Injector (2 mg)	
Bydureon Pen Injector (2 mg)	
Byetta Sub-Q Pen Injector (5mcg,10 mcg)	
Glucagon Emergency Kit	
Gvoke Hypopen (0.5mg, 1mg)	
Gvoke PFS (0.5mg, 1mg)	
Insulin Detemir U-100 (FlexPen/Vial)	
Insulin Glargine (Vial/Pen/SoloStar)	
Insulin Lispro U-100 (Cartridge/Vial/KwikPen)	
Insulin Lispro Junior KwikPen	
Insulin Lispro Mix 50-50 (KwikPen/Vial)	
Insulin Lispro Mix 75-25 (KwikPen/Vial)	
Insulin NPH & Insulin Regular Mix 70-30 (KwikPen/Vial)	
Insulin NPH (Kwikpen/Vial)	
Insulin Regular Vial	
Insulin Regular U-500 (KwikPen)	
Insulin Syringe/Pen Needles	
Ozempic Pen Injector (0.25mg, 0.5mg, 1mg)	
Toujeo Max U-300 (SoloStar Pen)	
Tresiba FlexTouch U-100 (Vial/Pen)	
Tresiba FlexTouch U-200 (Pen)	
Trulicity (0.75mg, 1.5mg, 3.0mg)	
Victoza (0.6mg, 1.2mg, 1.8mg)	
Diabetes-Oral	
Actoplus Met XR Tablet 15-1000mg, 30-1000mg)	
Glimepiride (1mg, 2mg, 4mg)	
Glipizide (5mg, 10mg)	
Glipizide ER (2.5mg, 5mg, 10mg)	
Glipizide-Metformin (2.5-250mg, 2.5-500mg, 5mg-500mg)	
Glyburide (1.25mg, 2.5mg, 5mg)	
Glyburide-Metformin (1.25-250mg, 2.5-500mg, 5-500mg)	
Janumet (Sitagliptin-Metformin) (50-1000mg, 50-1000mg)	
Janumet XR (Sitagliptin-Metformin) (100-1000mg, 50-1000mg, 50-500mg)	
Januvia (Sitagliptin) (25mg, 50mg, 100mg)	
Jardiance (Empagliflozin) (10mg, 25mg)	
Metformin (500mg, 850mg, 1000mg)	
Metformin ER (500mg, 750mg, 1000mg)	
Pioglitazone (15mg, 30mg, 45mg)	
Pioglitazone-Metformin (15-500mg, 15-850mg)	
Rybelsus (Semaglutide) (3mg, 7mg, 14mg)	
Farxiga (Dapagliflozin) (5mg, 10mg)	
Xigduo XR (Dapagliflozin/Metformin HCL) (5-500mg, 10-500mg, 2.5-1000mg, 5-1000mg, 10-1000mg)	
Synjardy (Empagliflozin/Metformin HCL) (5-500mg, 5-1000mg, 12.5-500mg, 12.5-1000mg)	
Synjardy XR (Empagliflozin/Metformin HCL) (5-1000mg, 10-1000mg, 12.5-1000mg, 25-1000mg)	
Depression	
Bupropion (75mg, 100mg)	
Bupropion SR (100mg, 150mg, 200mg)	
Bupropion XL (150mg, 300mg)	
Citalopram HBR (10mg, 10mg/5ml, 20mg, 20mg/10ml, 40mg)	
Desvenlafaxine ER tablet (50mg, 100mg)	
Fetzima capsule (20mg, 40mg, 80mg, 120mg, 20-40mg)	
Fluoxetine DR 90mg	
Fluoxetine (10mg, 20mg, 20mg/5ml, 40mg, 60mg)	
Paroxetine (10mg, 20mg, 30mg, 40mg)	
Paxil (10mg/5ml)	
Sertraline (20mg/ml, 25mg, 50mg, 100mg)	
Venlafaxine (25mg, 37.5mg, 50mg, 75mg, 100mg)	
Venlafaxine ER (37.5mg, 75mg, 150mg, 225mg)	
High Cholesterol	
Atorvastatin (10mg, 20mg, 40mg, 80mg)	
Ezetimibe (10mg)	
Livalo tablet (1mg, 2mg 4mg)	
Lovastatin (10mg, 20mg, 40mg)	
Pravastatin (10mg, 20mg, 40mg, 80mg)	
Rosuvastatin (5mg, 10mg, 20mg, 40mg)	
Simvastatin (5mg, 10mg, 20mg, 40mg, 80mg)	
Vascepa (500mg, 1g)	
High Blood Pressure	
Acebutolol HCL (200mg, 400mg)	
Amlodipine (2.5mg, 5mg, 10mg)	
Amlodipine-Valsartan (5-160mg, 5-320mg, 10-160mg, 10-320mg)	
Atenolol (25mg, 50mg, 100mg)	
Benazepril (5mg, 10mg, 20mg, 40mg)	
Benazepril-Hydrochlorothiazide (5-6.25mg, 10-12.5mg, 20-12.5mg, 20-25mg)	
Benicar (5mg, 20mg, 40mg)	
Benicar HCT (20-12.5mg, 40-12.5mg, 40-25mg)	
Bisoprolol (5mg, 10mg)	
Bisoprolol- Hydrochlorothiazide (2.5-6.25mg, 5-6.25mg, 10-6.25mg)	
Bystolic (2.5mg, 5mg, 10mg, 20mg)	
Candesartan (4mg, 8mg, 16mg, 32mg)	
Candesartan-Hydrochlorothiazide (16-12.5mg, 32-12.5mg, 32mg-25mg)	
Captopril (12.5mg, 25mg, 50mg, 100mg)	
Carvedilol (3.125mg, 6.25mg, 12.5mg, 25mg)	
Chlorthalidone (25mg, 50mg)	
Clonidine Patch (0.1mg/24hr, 0.2mg/24hr, 0.3mg/24hr)	

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Clonidine (0.1mg, 0.2mg, 0.3mg)
Diltiazem 12 HR ER (60mg, 90mg, 120mg)
Diltiazem 24 HR CD (120mg, 180mg, 240mg, 300mg, 360mg)
Diltiazem 24 HR ER (120mg, 180mg, 240mg, 300mg, 360mg, 420mg)
Diltiazem ER (120mg, 180mg, 240mg)
Diltiazem (30mg, 60mg, 90mg, 120mg)
Doxazosin (1mg, 2mg, 4mg, 8mg)
Edarbi (40mg, 80mg)
Edarbyclor (40-12.5mg, 40mg-25mg)
Enalapril (2.5mg, 5mg, 10mg, 20mg)
Enalapril-Hydrochlorothiazide (5-12.5mg, 10-25mg)
Eplerenone (25mg, 50mg)
Eprosartan (600mg)
Fosinopril (10mg, 20mg, 40mg)
Fosinopril-Hydrochlorothiazide (10-12.5mg, 20-12.5mg)
Furosemide (20mg, 40mg, 80mg)
Guanfacine (1mg, 2mg)
Hydralazine (10mg, 25mg, 50mg, 100mg)
Hydrochlorothiazide (12.5mg, 25mg, 50mg)
Indapamide (1.25mg, 2.5mg)
Irbesartan (75mg, 150mg, 300mg)

Irbesartan-Hydrochlorothiazide (150-12.5mg, 300-12.5mg)
Isradipine (2.5mg, 5mg)
Labetalol (100mg, 200mg, 300mg)
Lisinopril (2.5mg, 5mg, 10mg, 20mg, 30mg, 40mg)
Lisinopril-Hydrochlorothiazide (10-12.5mg, 20-12.5mg, 20-25mg)
Losartan (25mg, 50mg, 100mg)
Losartan-Hydrochlorothiazide (50-12.5mg, 100-12.5mg, 100-25mg)
Methyldopa (250mg, 500mg)
Metoprolol Succinate (25mg, 50mg, 100mg, 200mg)
Metoprolol Tartrate (25mg, 50mg, 75mg, 100mg)
Metoprolol-Hydrochlorothiazide (50-25mg, 100-25mg, 100-50mg)
Moexipril (7.5mg, 15mg)
Moexipril-Hydrochlorothiazide (7.5-12.5mg, 15-12.5mg, 15-25mg)
Nifedipine ER (30mg, 60mg, 90mg)
Pindolol (5mg, 10mg)
Prazosin (1mg, 2mg, 5mg)
Propranolol (10mg, 20mg, 40mg, 60mg, 80mg)
Propranolol-Hydrochlorothiazide (40-25mg, 80-25mg)

Quinapril (5mg, 10mg, 20mg, 40mg)
Quinapril-Hydrochlorothiazide (10-12.5mg, 20-12.5mg, 20-25mg)
Ramipril (1.25mg, 2.5mg, 5mg, 10mg)
Spirolactone (25mg, 50mg, 100mg)
Terazosin (1mg, 2mg, 5mg, 10mg)
Torsemide (5mg, 10mg, 20mg, 100mg)
Trandolapril (1mg, 2mg, 4mg)
Triamterene-Hydrochlorothiazide (37.5-25mg, 50-25mg, 75-50mg)
Valsartan (40mg, 80mg, 160mg, 320mg)
Valsartan-Hydrochlorothiazide (80-12.5mg, 160-12.5mg, 160-25mg, 320-12.5mg, 320-25mg)
Verapamil ER (120mg, 180mg, 240mg)
Verapamil ER PM (100mg, 200mg, 300mg)
Verapamil HCL (40mg, 80mg, 120mg, 360mg)
Verapamil SR (120mg, 180mg, 240mg)

Free Blood Glucose Meter and Testing Supplies

We understand that managing your diabetes can be a challenge. To help you monitor your condition, we are excited to provide you with a blood glucose system at no charge. HLP members can select from two different preferred meter systems. After careful analysis **NHRMC selected Abbott Diabetes Care, the maker of FreeStyle and Precision brand products as the only supplier for your diabetic testing supplies.** NHRMC will only supply and provide support for Freestyle and Precision Xtra products. This includes test strips and lancets.

- FreeStyle Lite® meters
- FreeStyle Freedom Lite® meters
- Freestyle Lancets
- Precision Xtra® meters
- FreeStyle Lite® test strips
- Precision Xtra® test strips
- Precision Xtra® Beta Ketone test strips



You can request prescriptions for a FREE meter and testing supplies by calling 910-667-5183. **If leaving a voicemail, you must include your birthdate and indicate how many times a day you test.** Please allow 72 hours for requests to be processed.

Insulin Pumps and Equipment & Continuous Glucose Monitoring and Supplies

- Insulin Pumps and Equipment (for example: infusion sets, syringes)
- Continuous Glucose Monitors and Supplies (for example: sensors)

These are covered at 100% by the Healthy Lifestyles Plan. Claims for Insulin Pumps and Equipment & Continuous Glucose Monitoring and Supplies must be submitted to UnitedHealth Care.

For general questions or concerns, you can call the Healthy Lifestyles Plan Hotline at **667.7777**