

# NYRx Step Therapy (ST)

## What Pharmacy Providers and Prescribers Need to Know

Some drugs and drug classes, regardless of preferred or non-preferred status, are subject to specific clinical criteria, frequency/quantity/duration, dose optimization, **step therapy**, or the brand less than generic program. Step therapy requires the use or trial of a lower-cost drug prior to a higher-cost drug indicated to treat the same diagnosis. NYRx step therapy requirements are implemented based on recommendation from the NYS Drug Utilization Review Board (DURB) and approval by the NYS Commissioner of Health and are based on FDA labeling and /or current clinical practice guidelines to ensure clinically appropriate and cost-effective use of these drugs and drug classes. Medications that have step therapy requirements are listed on the NYRx [Preferred Drug List](#), with a superscript, **ST**.

The NYRx claim processing system electronically reviews Medicaid claim history to see if the lower-cost drug has been tried. If the electronic claim review can confirm the appropriate use or trial of the lower-cost drug a prior authorization may not be required.

Prescribers should review the [Preferred Drug List](#) and prescribe according to step therapy guidelines.

## Resources

- [Preferred Drug List](#)
- [NYRx Education & Outreach Website](#)

## Contact Information

The NYRx Education and Outreach Call Center is available at 833-967-7310 from 8:00 AM to 5:00 PM ET, Monday through Friday, excluding holidays.

For NYRx program-related questions and non-member-specific questions, email the NYRx Education and Outreach team at [NYRxEO@magellanhealth.com](mailto:NYRxEO@magellanhealth.com).

The Education and Outreach team hosts virtual office hours every week for stakeholders to ask questions related to NYRx and care coordination. Visit the [NYRx Education & Outreach Website](#) for office hour drop-in Zoom links. Office hours are also available by appointment. For more information, email the NYRx Education and Outreach team at [NYRxEO@magellanhealth.com](mailto:NYRxEO@magellanhealth.com).

Days	Audience
Monday and Wednesday 12:00 PM – 1:00 PM ET	Managed Care Plans
Tuesday and Thursday 12:00 PM – 1:00 PM ET	<ul style="list-style-type: none"> <li>• Pharmacy Providers and Prescribers</li> <li>• Office of Mental Health</li> <li>• Office of Addiction Services and Supports (OASAS)</li> <li>• Office of Medicaid Inspector General (OMIG)</li> <li>• New York Blood Center</li> <li>• Foster Care</li> <li>• AIDS Institute and Stakeholders</li> </ul>