

To get the most out of your pharmacy benefit, talk with your provider about using the products that are on our formulary (list of covered drugs). Using only those products that are on our formulary can save you money. Examples of commonly used, covered products include:

If You Have Asthma

We cover many medications used to manage asthma. Asthma medications may be categorized in one of two ways.

- **Controller** medications should be used regularly to prevent asthma symptoms.
- **Rescue** medications should be used infrequently, when immediate relief of asthma symptoms (wheezing, trouble breathing, coughing) is needed.

GENERICS (You will pay the least amount out of your own pocket for generic drugs)

Controller Medications:

- Budesonide (nebulizer suspension available on \$0 copay list)
- Cromolyn
- Montelukast (available on \$0 copay list)
- Theophylline
- Zafirlukast

Rescue Medications:

- Albuterol (nebulizer solution 0.5% available on \$0 copay list)
- Levalbuterol

PREFERRED DRUGS

Rescue Medication: Ventolin HFA

Controller Medications:

- Advair Diskus
- Advair HFA
- Arnuity Ellipta
- Breo Ellipta
- Flovent Diskus
- Flovent HFA (available on \$0 copay list)
- Pulmicort
- QVAR
- Serevent Diskus
- Symbicort

If You Have Diabetes

We cover many medications and supplies used to manage diabetes.

Covered insulins available at a **preferred-brand copay** include:

- Long-acting insulin: Lantus, Levemir, Toujeo, Tresiba
- Short-acting insulin: Novolog
- Novo insulins, including Novolin N, Novolin R, Novolin 70, Novolog Mix 70/30

Covered supplies available at a **preferred-brand copay** include:

- One Touch Ultra Test Strips
- One Touch Verio Test Strips
- Lancets (all)
- Lancet devices (all)

True Health New Mexico members can also receive a FREE OneTouch blood glucose meter when a prescription is written by a provider and filled at a contracted retail pharmacy.

True Health New Mexico also covers many other oral and injectable drugs that treat diabetes. Please review our 2021 Prescription Drug Formulary at truehealthnewmexico.com/member-pharmacy-formulary/ for details.