

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 70/30, 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.**

**NOTE: Continuous glucose monitors and supplies may be covered under the medical OR pharmacy benefit. Please visit [truehealthnewmexico.com/care-management](https://truehealthnewmexico.com/care-management) for more information.**

True Health New Mexico also covers many other oral and injectable drugs that treat diabetes. Please review our 2022 Prescription Drug Formulary at [truehealthnewmexico.com/member-pharmacy-formulary/](https://truehealthnewmexico.com/member-pharmacy-formulary/) for details.