

April 2021

BCBSAL Step Therapy Utilization Management

Step Therapy

Step therapy program is a “step” approach to providing the medications that treat your condition. This means that you may first need to try a more clinically appropriate or cost-effective medication before certain higher-cost medications will be approved. Step therapy programs can help both you and the health plan save money.

The Step Therapy form that your physician will need to complete to request an approval can be found on the MyPrime website.

Utilization Management Program	Prerequisites	Drug(s) in Program
Antidepressants	Generic bupropion, bupropion ER, citalopram, duloxetine, escitalopram, fluoxetine, fluoxetine DR, fluvoxamine, fluvoxamine ER, mirtazapine, paroxetine, paroxetine ER, sertraline, venlafaxine, venlafaxine ER. Additional alternatives for Cymbalta/brand duloxetine products only: amitriptyline, cyclobenzaprine, desipramine, gabapentin, imipramine, nortriptyline, tramadol	APLENZIN
Antidepressants		BUPROPION HYDROCHLORIDE ER (XL)
Antidepressants		CELEXA
Antidepressants		CYMBALTA
Antidepressants		DESVENLAFAXINE ER
Antidepressants		DRIZALMA SPRINKLE
Antidepressants		EFFEXOR XR
Antidepressants		FETZIMA
Antidepressants		FETZIMA TITRATION PACK
Antidepressants		FLUOXETINE DR
Antidepressants		FLUOXETINE HYDROCHLORIDE
Antidepressants		FORFIVO XL
Antidepressants		KHEDEZLA
Antidepressants		LEXAPRO
Antidepressants		MAPROTILINE HCL
Antidepressants		PAXIL
Antidepressants		PAXIL CR
Antidepressants		PEXEVA
Antidepressants		PRISTIQ
Antidepressants		PROZAC
Antidepressants		REMERON
Antidepressants		REMERON SOLTAB

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Utilization Management Program	Prerequisites	Drug(s) in Program
Antidepressants		TRINTELLIX
Antidepressants		VIIBRYD
Antidepressants		VIIBRYD STARTER PACK
Antidepressants		WELLBUTRIN SR
Antidepressants		WELLBUTRIN XL
Antidepressants		ZOLOFT
Antiemetic Agents	A generic oral 5HT-3 antiemetic agent	SANCUSO
Antiemetic Agents	A generic oral 5HT-3 antiemetic agent	ZUPLENZ
ARB Renin Inhibitors	A generic ACE Inhibitor or ACE Inhibitor combination (e.g. enalapril, lisinopril, benazepril) A generic ARB or ARB combination (e.g. amlodipine-valsartan/HCTZ, candesartan, eprosartan, irbesartan, losartan, telmisartan, valsartan, telmisartan/amlodipine, telmisartan/HCTZ, valsartan/amlodipine) A generic renin inhibitor or renin inhibitor combination (e.g. aliskiren)	ATACAND
ARB Renin Inhibitors		ATACAND HCT
ARB Renin Inhibitors		AVALIDE
ARB Renin Inhibitors		AVAPRO
ARB Renin Inhibitors		AZOR
ARB Renin Inhibitors		BENICAR
ARB Renin Inhibitors		BENICAR HCT
ARB Renin Inhibitors		BYVALSON
ARB Renin Inhibitors		COZAAR
ARB Renin Inhibitors		DIOVAN
ARB Renin Inhibitors		DIOVAN HCT
ARB Renin Inhibitors		EDARBI
ARB Renin Inhibitors		EDARBYCLOR
ARB Renin Inhibitors		EPROSARTAN MESYLATE
ARB Renin Inhibitors		EXFORGE
ARB Renin Inhibitors		EXFORGE HCT
ARB Renin Inhibitors		HYZAAR
ARB Renin Inhibitors		MICARDIS
ARB Renin Inhibitors		MICARDIS HCT
ARB Renin Inhibitors		TEKTURNA
ARB Renin Inhibitors		TEKTURNA HCT
ARB Renin Inhibitors		TRIBENZOR
ARB Renin Inhibitors		TWYNSTA
Atopic Dermatitis	A topical corticosteroid or topical corticosteroid combination preparation	ELIDEL

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Atopic Dermatitis	A topical corticosteroid or topical corticosteroid combination preparation	EUCRISA
Atopic Dermatitis	A topical corticosteroid or topical corticosteroid combination preparation	pimecrolimus
Atopic Dermatitis	A topical corticosteroid or topical corticosteroid combination preparation	PROTOPIC
Atopic Dermatitis	A topical corticosteroid or topical corticosteroid combination preparation	tacrolimus
Atypical Antipsychotics Long Acting	An oral short-acting atypical antipsychotic agent with same active ingredient	ABILIFY MAINTENA
Atypical Antipsychotics Long Acting	An oral short-acting atypical antipsychotic agent with same active ingredient	ARISTADA
Atypical Antipsychotics Long Acting	An oral short-acting atypical antipsychotic agent with same active ingredient	ARISTADA INITIO
Atypical Antipsychotics Long Acting	An oral short-acting atypical antipsychotic agent with same active ingredient	INVEGA SUSTENNA
Atypical Antipsychotics Long Acting	Invega Sustenna	INVEGA TRINZA
Atypical Antipsychotics Long Acting	An oral short-acting atypical antipsychotic agent with same active ingredient	PERSERIS
Atypical Antipsychotics Long Acting	An oral short-acting atypical antipsychotic agent with same active ingredient	RISPERDAL CONSTA
Atypical Antipsychotics Long Acting	An oral short-acting atypical antipsychotic agent with same active ingredient	ZYPREXA RELPREVV
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	ABILIFY
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	ABILIFY MYCITE

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Utilization Management Program	Prerequisites	Drug(s) in Program
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	CAPLYTA
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	CLOZAPINE ODT
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	CLOZARIL
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	FANAPT
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	FANAPT TITRATION PACK
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	FAZACLO
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	GEODON
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	INVEGA
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	LATUDA
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	REXULTI
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic	RISPERDAL

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Utilization Management Program	Prerequisites	Drug(s) in Program
	Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	RISPERIDONE ODT
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	SAPHRIS
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	SECUADO
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	SEROQUEL
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	SEROQUEL XR
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	VERSACLOZ
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	VRAYLAR
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	ZYPREXA
Atypical Antipsychotics Short Acting	A generic atypical antipsychotic Additional alternatives for Abilify and Abilify Discmelt only: generic haloperidol, pimozide	ZYPREXA ZYDIS
DPP-4 Inhibitors	Januvia, Janumet, Janumet XR	ALOGLIPTIN
DPP-4 Inhibitors	Januvia, Janumet, Janumet XR	ALOGLIPTIN/METFORMIN HCL
DPP-4 Inhibitors	Januvia, Janumet, Janumet XR	ALOGLIPTIN/PIOGLITAZONE

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DPP-4 Inhibitors	Januvia, Janumet, Janumet XR	JENTADUETO
DPP-4 Inhibitors	Januvia, Janumet, Janumet XR	JENTADUETO XR
DPP-4 Inhibitors	Januvia, Janumet, Janumet XR	KAZANO
DPP-4 Inhibitors	Januvia, Janumet, Janumet XR	KOMBIGLYZE XR
DPP-4 Inhibitors	Januvia, Janumet, Janumet XR	NESINA
DPP-4 Inhibitors	Januvia, Janumet, Janumet XR	ONGLYZA
DPP-4 Inhibitors	Januvia, Janumet, Janumet XR	OSENI
DPP-4 Inhibitors	Januvia, Janumet, Janumet XR	TRADJENTA
GLP-1 Agonists	Generic metformin, a combination product containing metformin, insulin	ADLYXIN
GLP-1 Agonists	Generic metformin, a combination product containing metformin, insulin	ADLYXIN STARTER PACK
GLP-1 Agonists	Generic metformin, a combination product containing metformin, insulin	BYDUREON BCISE
GLP-1 Agonists	Generic metformin, a combination product containing metformin, insulin	BYDUREON PEN
GLP-1 Agonists	Generic metformin, a combination product containing metformin, insulin	BYETTA
GLP-1 Agonists	Generic metformin, a combination product containing metformin, insulin	OZEMPIC
GLP-1 Agonists	Generic metformin, a combination product containing metformin, insulin	RYBELSUS
GLP-1 Agonists	Generic metformin, a combination product containing metformin, insulin	TRULICITY
GLP-1 Agonists	Generic metformin, a combination product containing metformin, insulin	VICTOZA
Insulin Combinations	Generic metformin, a combination product containing metformin, insulin	SOLIQUA 100/33
Insulin Combinations	Generic metformin, a combination product containing metformin, insulin	XULTOPHY 100/3.6

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Utilization Management Program	Prerequisites	Drug(s) in Program
Metformin ER	A non-targeted generic metformin ER	FORTAMET
Metformin ER	A non-targeted generic metformin ER	GLUMETZA
Metformin ER	A non-targeted generic metformin ER	metformin hydrochloride er
Metformin ER	A non-targeted generic metformin ER	RIOMET ER
Methotrexate Injectable Agents	Generic methotrexate injectable solution (methotrexate sodium solution)	OTREXUP
Methotrexate Injectable Agents	Generic methotrexate injectable solution (methotrexate sodium solution) AND Otrexup	RASUVO
Methotrexate Injectable Agents	Generic methotrexate injectable solution (methotrexate sodium solution) AND Otrexup	REDITREX
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	AUBAGIO
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	AVONEX
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	AVONEX PEN
Multiple Sclerosis	ONE of the following: Generic dimethyl fumarate, glatiramer AND ONE of the following: Aubagio, Avonex, Betaseron, Gilenya, Mavenclad, Mayzent, Plegridy, Rebif, Zeposia	BAFIERTAM
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	BETASERON
Multiple Sclerosis	Generic glatiramer AND ONE of the following: Aubagio, Avonex, Betaseron, Gilenya, Mavenclad, Mayzent, Plegridy, Rebif, Zeposia	COPAXONE
Multiple Sclerosis	ONE of the following: Generic dimethyl fumarate, glatiramer AND	EXTAVIA

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Utilization Management Program	Prerequisites	Drug(s) in Program
	ONE of the following: Aubagio, Avonex, Betaseron, Gilenya, Mavenclad, Mayzent, Plegridy, Rebif, Zeposia	
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	GILENYA
Multiple Sclerosis	Generic glatiramer AND ONE of the following: Aubagio, Avonex, Betaseron, Gilenya, Mavenclad, Mayzent, Plegridy, Rebif, Zeposia	glatopa
Multiple Sclerosis	ONE of the following: Generic dimethyl fumarate, glatiramer AND ONE of the following: Aubagio, Avonex, Betaseron, Gilenya, Mavenclad, Mayzent, Plegridy, Rebif, Zeposia	KESIMPTA
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	MAVENCLAD
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	MAYZENT
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	MAYZENT STARTER PACK
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	PLEGRIDY
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	PLEGRIDY STARTER PACK
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	REBIF
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	REBIF REBIDOSE
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	REBIF REBIDOSE TITRATION PACK
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	REBIF TITRATION PACK
Multiple Sclerosis	Generic dimethyl fumarate AND ONE of the following: Aubagio, Avonex, Betaseron, Gilenya,	TECFIDERA

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Utilization Management Program	Prerequisites	Drug(s) in Program
	Mavenclad, Mayzent, Plegridy, Rebif, Zeposia	
Multiple Sclerosis	Generic dimethyl fumarate AND ONE of the following: Aubagio, Avonex, Betaseron, Gilenya, Mavenclad, Mayzent, Plegridy, Rebif, Zeposia	TECFIDERA STARTER PACK
Multiple Sclerosis	ONE of the following: Generic dimethyl fumarate, glatiramer AND ONE of the following: Aubagio, Avonex, Betaseron, Gilenya, Mavenclad, Mayzent, Plegridy, Rebif, Zeposia	VUMERITY
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	ZEPOSIA
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	ZEPOSIA 7-DAY STARTER PACK
Multiple Sclerosis	Generic dimethyl fumarate, glatiramer	ZEPOSIA STARTER KIT
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	ACTICLATE
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	DORYX
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	DORYX MPC
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	DOXYCYCLINE

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Utilization Management Program	Prerequisites	Drug(s) in Program
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	DOXYCYCLINE HYCLATE
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	DOXYCYCLINE HYCLATE DR
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	MINOCIN
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	minocycline hydrochloride er
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	MINOCYCLINE HYDROCHLORIDE ER
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	MINOLIRA
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	ORACEA
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	SEYSARA
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent	SOLODYN

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Utilization Management Program	Prerequisites	Drug(s) in Program
	AND Any one preferred generic minocycline agent	
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	TARGADOX
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	VIBRAMYCIN
Oral Tetracycline Derivatives	Any one preferred generic doxycycline agent AND Any one preferred generic minocycline agent	XIMINO
PPI	A generic oral formulation of omeprazole, lansoprazole, pantoprazole, omeprazole-sodium bicarbonate, rabeprazole	ACIPHEX
PPI	A generic oral formulation of omeprazole, lansoprazole, pantoprazole, omeprazole-sodium bicarbonate, rabeprazole	ACIPHEX SPRINKLE
PPI	A generic oral formulation of omeprazole, lansoprazole, pantoprazole, omeprazole-sodium bicarbonate, rabeprazole	DEXILANT
PPI	A generic oral formulation of omeprazole, lansoprazole, pantoprazole, omeprazole-sodium bicarbonate, rabeprazole	ESOMEPRAZOLE STRONTIUM
PPI	A generic oral formulation of omeprazole, lansoprazole, pantoprazole, omeprazole-sodium bicarbonate, rabeprazole	NEXIUM
PPI	A generic oral formulation of omeprazole, lansoprazole, pantoprazole, omeprazole-sodium bicarbonate, rabeprazole	omeppi

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Utilization Management Program	Prerequisites	Drug(s) in Program
PPI	A generic oral formulation of omeprazole, lansoprazole, pantoprazole, omeprazole-sodium bicarbonate, rabeprazole	omeprazole/sodium bicarbonate
PPI	A generic oral formulation of omeprazole, lansoprazole, pantoprazole, omeprazole-sodium bicarbonate, rabeprazole	PREVACID
PPI	A generic oral formulation of omeprazole, lansoprazole, pantoprazole, omeprazole-sodium bicarbonate, rabeprazole	PREVACID SOLUTAB
PPI	A generic oral formulation of omeprazole, lansoprazole, pantoprazole, omeprazole-sodium bicarbonate, rabeprazole	PRILOSEC
PPI	A generic oral formulation of omeprazole, lansoprazole, pantoprazole, omeprazole-sodium bicarbonate, rabeprazole	PROTONIX
PPI	A generic oral formulation of omeprazole, lansoprazole, pantoprazole, omeprazole-sodium bicarbonate, rabeprazole	RABEPRAZOLE SODIUM DR SPRINKLE
PPI	A generic oral formulation of omeprazole, lansoprazole, pantoprazole, omeprazole-sodium bicarbonate, rabeprazole	ZEGERID
Rho Kinase Inhibitors	A generic ophthalmic prostaglandin	RHOPRESSA
Rho Kinase Inhibitors	A generic ophthalmic prostaglandin	ROCKLATAN
SGLT-2 Inhibitors	ONE of the following: Glyxambi, Jardiance, Synjardy, Synjardy XR, Trijardy XR AND ONE of the following: Farxiga, Xigduo	INVOKAMET
SGLT-2 Inhibitors	ONE of the following: Glyxambi, Jardiance, Synjardy, Synjardy XR, Trijardy XR AND ONE of the following: Farxiga, Xigduo	INVOKAMET XR

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Utilization Management Program	Prerequisites	Drug(s) in Program
SGLT-2 Inhibitors	ONE of the following: Glyxambi, Jardiance, Synjardy, Synjardy XR, Trijardy XR AND ONE of the following: Farxiga, Xigduo	INVOKANA
SGLT-2 Inhibitors	Glyxambi, Trijardy XR	QTERN
SGLT-2 Inhibitors	Glyxambi, Qtern	QTERNMET XR
SGLT-2 Inhibitors	ONE of the following: Glyxambi, Jardiance, Synjardy, Synjardy XR, Trijardy XR AND ONE of the following: Farxiga, Xigduo	SEGLUROMET
SGLT-2 Inhibitors	ONE of the following: Glyxambi, Jardiance, Synjardy, Synjardy XR, Trijardy XR AND ONE of the following: Farxiga, Xigduo	STEGLATRO
SGLT-2 Inhibitors	Glyxambi, Trijardy XR	STEGLUJAN
Statins	A generic statin or generic statin combination	ALTOPREV
Statins	A generic statin or generic statin combination	CRESTOR
Statins	A generic statin or generic statin combination	EZALLOR SPRINKLE
Statins	A generic statin or generic statin combination	FLOLIPID
Statins	A generic statin or generic statin combination	LESCOL XL
Statins	A generic statin or generic statin combination	LIPITOR
Statins	A generic statin or generic statin combination	LIVALO
Statins	A generic statin or generic statin combination	PRAVACHOL
Statins	A generic statin or generic statin combination	SIMVASTATIN
Statins	A generic statin or generic statin combination	VYTORIN

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Utilization Management Program	Prerequisites	Drug(s) in Program
Statins	A generic statin or generic statin combination	ZOCOR
Statins	A generic statin or generic statin combination	ZYPITAMAG
Triptans	A generic triptan	AMERGE
Triptans	A generic triptan	FROVA
Triptans	A generic triptan	IMITREX
Triptans	A generic triptan	IMITREX STATDOSE REFILL
Triptans	A generic triptan	IMITREX STATDOSE SYSTEM
Triptans	A generic triptan	MAXALT
Triptans	A generic triptan	MAXALT-MLT
Triptans	A generic triptan	ONZETRA XSAIL
Triptans	A generic triptan	RELPAK
Triptans	A generic triptan	SUMATRIPTAN SUCCINATE
Triptans	A generic triptan	TOSYMRA
Triptans	A generic triptan	TREXIMET
Triptans	A generic triptan	ZEMBRACE SYMTOUCH
Triptans	A generic triptan	ZOMIG
Triptans	A generic triptan	ZOMIG ZMT

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