



**of Tennessee**

plans for better health. plans for a better life.™

801 Pine Street  
Chattanooga, TN 37402

bcbst.com

Dear Member,

Helping you live a healthier life, while keeping health care affordable, is important to BlueCross BlueShield of Tennessee.

Rising prescription drug costs make health care more expensive for everyone. But you can make health care more affordable and save money on your prescription drug costs by using generics instead of more expensive brand-name drugs.

**Starting December 1, 2008, use Generics First**

For certain classes of drugs, there are many generic drugs available to treat the same conditions as brand-name medications. Trying a generic before using a brand-name drug is called Step Therapy.

**Starting December 1, 2008, your pharmacy benefit plan will require Step Therapy for certain drug classes.** You will need to try a generic drug from these drug classes before you try a more expensive brand-name drug in the same class.

**If you are currently taking a drug that requires Step Therapy or have filled a prescription for one of these drugs in the past six months, you will not be required to switch medications.** You can continue to take the brand-name prescription drug without having to try a generic first.

**Which Drugs will Require Step Therapy?**

The drug classes and brand-name drugs that require Step Therapy after December 1, 2008, are listed in the enclosed brochure, *Generics First – A Step Therapy Program*.

Some of the drug classes that require Step Therapy under your plan are ACE Inhibitors and Calcium Channel Blockers that treat high blood pressure and other heart conditions; lipid lowering agents, which help reduce high cholesterol levels; and antidepressants. All of these drug classes include a number of proven generic drugs that are just as safe and can be as effective as their brand-name counterparts.

There are several other drug classes that require Step Therapy after December 1, 2008. So be sure to share the entire list of drugs requiring Step Therapy with your doctor and maximize your benefits by trying a generic first.

**Where can I get more Information on Step Therapy?**

In addition to the brochure, you can also find many answers to your questions about Step Therapy in the enclosed insert, *Answers to Your Step Therapy Questions*.

For additional questions about Step Therapy or your pharmacy benefits, call Customer Service at the phone number on your BlueCross BlueShield of Tennessee member ID card.

Best of health,  
BlueCross BlueShield of Tennessee