BlueCross BlueShield of New Mexico

Step Therapy

TAKE THE BEST STEP FOR YOU

Blue Cross and Blue Shield of New Mexico manages the rising cost of prescription drugs with the step therapy program. Step therapy encourages members to use a preferred drug before BCBSNM may cover a non-preferred drug. These preferred drugs are safe, clinically appropriate and more cost-effective than the non-preferred drug.

Like climbing a set of stairs, you start with step one before moving up to step two.

Step 1: If possible, your doctor prescribes a first-line (preferred) medication for your condition based on nationally recognized, clinical guidelines.

Step 2: You and your doctor might decide that the first-line drug is not right for you or isn't as good at treating your condition. If so, then your doctor should request a step-therapy exception.

Questions? Customer service is ready to help.
Call the number on your member ID card to learn more.

Treatment decisions are between you and your doctor.

Work together to find the right prescription for you. Your doctor can find request forms on our provider website at **bcbsnm.com/provider**.

Not all drug categories are included in all benefit plans. To see the current Step Therapy programs for your drug list, visit **bcbsnm.com**. Additional categories and drugs may be added. Drugs listed are only examples.

Blue Cross and Blue Shield of New Mexico, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

488504.0224