



**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](https://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](https://bcbsnm.com). Additional categories and drugs may be added. Drugs listed are only examples.