In addition to a healthy lifestyle, preventive medications can help people avoid many illnesses and conditions. A consumer-directed health (CDH) plan that includes preventive medications can help support the goal of ongoing good health.

This list provides examples of your plan's preventive medications. The medications are categorized based on the medical conditions that they are used to prevent. This is not an all-inclusive list; only examples of medicines in each category are listed. Coverage prior to the deductible being met may not be provided for every dosage form of a listed medication. With the exception of drugs for side effects of cancer treatment, coverage is only provided for the generic form of medication. Please check with your plan administrator if you have questions. This list is periodically reviewed by clinical experts. Medications may be added to or removed from the list based on different factors, including the intended purpose of the medication and its availability.

**Medications on this list that are not covered under your plan are not eligible for the preventive medication program.**

*This list includes medications always used for prevention and sometimes for treatment.*

### LOW LEVELS OF VITAMINS
- **FOLIC ACID**, 0.4 TO 0.8 MG

### CAVITIES
- **ETHEDENT, PHOS-FLUR, GEL-KAM, PREVIDENT RINSE**
- SODIUM FLUORIDE

### ANEMIA IN CHILDREN
- **FERROUS SULFATE LIQUID DROPS FOR INFANTS (SUCH AS FER-IN-SOL)**

### BREAST CANCER RECURRENCE
- **ANASTROZOLE**
- **EXEMESTANE**
- **LETROZOLE**
- **TAMOXIFEN**

### HEART DISEASE AND STROKE

#### BLOOD THINNER MEDICINES:
- **ASPIRIN**, 81 MG OR 325 MG
- **ENOXAPARIN**
- **HEPARIN**
- **WARFARIN**

#### MEDICINES FOR HIGH BLOOD PRESSURE:
- **ACE INHIBITORS AND COMBINATIONS:**
  - **BENAZEPRIL**
  - **ENALAPRIL**
  - **FOSINOPRIL**
  - **LISINOPRIL**
  - **QUINAPRIL**

#### ACE RECEPTOR BLOCKERS AND COMBINATIONS:
- **LOSARTAN**

#### BETA BLOCKERS AND COMBINATIONS:
- **ATENOLOL**
- **BISOPROLOL**
- **METOPROLOL**
- **NEBIVLOL**
- **PROPRANOLOL**

#### CALCIUM CHANNEL BLOCKERS:
- **AMLODIPINE**
- **DILTIAZEM**
- **NIFEDIPINE**
- **NISOLDIPINE**
- **VERAPAMIL**

#### DIURETICS AND COMBINATIONS:
- **AMILORIDE**
- **HYDROCHLOROTHIAZIDE**
- **INDAPAMIDE**
- **METOLAZONE**
- **SPIRONOLACTONE**
- **TRIAMTERENE-HCTZ**

#### MISCELLANEOUS:
- **AMLODIPINE/BENAZEPRIL**
- **CARVEDILOL**
- **CLONIDINE**
- **DOXAZOSIN**
- **HYDRAZASINE**
- **TERAZOSIN**

#### MEDICINES THAT LOWER CHOLESTEROL:

#### HMG-COA REDUCTASE INHIBITORS:
- **ATORVASTATIN**
- **LOVASTATIN**
- **PRAVASTATIN**
- **SIMVASTATIN**

#### OTHER AGENTS:
- **CHOLESTYRAMINE**
- **COLESEVELAM**
- **COLESTIPOL**
- **FENOFIBRATE**
- **GEMFIBROZIL**
- **NIACIN**

*continued on reverse side*
# Preventive Medications List

## Ulcer Disease

**Proton Pump Inhibitors:**
- Lansoprazole
- Omeprazole
- Pantoprazole

## Bone Disease and Fractures

- Aledronate
- Calcitonin

## Side Effects from Cancer Treatment

- Aranesp
  - Darbepoetin alfa
- EpoGen, Procrit
  - Epoetin alfa
- Leukine
  - Sargramostim
- Neulasta
  - Pegfilgrastim
- Neupogen
  - Filgrastim

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Please note: Brand names are shown in italics in each category.

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