

Break Away From Osteoporosis

May is national osteoporosis month! One in two women and one in four men over the age of 50 will break a bone due to osteoporosis. It is important to reinforce osteoporosis non-pharmacologic interventions such as: ensuring your patients get enough calcium and vitamin D, exercise, have a well balanced diet, avoid smoking and limit alcohol intake*. For members who require pharmacologic interventions, please see below for Molina's preferred medications:

Drug Class	Preferred Medications	Prior Authorization Required?
Over the counter (OTC)	Calcium Vitamin D	No
Bisphosphonates	Alendronate Tablets (Fosamax) Ibandronate Tablets (Boniva)	No
	Zoledronic Acid (Reclast) ^{PA} Ibandronate Syringe (Boniva) ^{PA} Pamidronate Injection ^{PA}	Yes; note below: <ul style="list-style-type: none"> Member has a diagnosis of esophageal stricture, achalasia, or other severe esophageal dysmotility disorder; OR member has a history of severe malabsorption making use of oral bisphosphonates ineffective; OR member has an inability to stand or sit upright for 60 minutes; OR member has tried and is intolerant to two (2) or more oral bisphosphonates. Member is receiving adequate calcium and vitamin D supplementation Prescriber attests to appropriate lab monitoring FOR IBRANDRONATE : Prescriber attestation of a trial and failure or labeled contraindication of zoledronic acid
Calcitonins	Calcitonin-salmon spray (Miacalcin) ^{AGE}	No
Selective Estrogen Receptor Modulator	Raloxifene (Evista) ^{AGE}	No
Miscellaneous	Abaloparatide (Tymlos) ^{PA, SP} Denosumab (Prolia) ^{PA, SP}	Yes, note below: <ul style="list-style-type: none"> Documentation of failure (12 month trial), contraindication, or intolerance to oral and/or IV bisphosphonate therapy (treatment failure is defined by progression of bone loss as documented by bone density measurements (BMD) after at least 12 months of therapy OR Occurrence of an osteoporotic fracture after having been compliant on at least 12 months of therapy on an oral bisphosphonate) T-score labs or history of fragility fracture Member is receiving adequate calcium and vitamin D supplementation

^{AGE} -Covered for age 50 years and older

^{SP} Specialty drug; these drugs must be obtained through a specialty pharmacy

^{PA} Prior authorization required

*National Osteoporosis Foundation. [online] Available at: <https://www.nof.org/> [Accessed 22 April 2019].