



February 1, 2010

<prov_name>
<provst1>
<provcity>, <provst> <provzip>

Dear Doctor <prov_name>,

To provide quality, cost-effective health care to our members, Blue Cross and Blue Shield of North Carolina (BCBSNC) is changing the administrative process related to the hypnotic agents listed below. Effective April 1, 2010, these drugs will be considered restricted-access drugs that require a physician to provide a written certification to BCBSNC prior to the drug being covered by a BCBSNC member's prescription drug benefits.

*Nonpreferred Hypnotic Agents: Physician written certification required as of April 1, 2010	Preferred Hypnotic Agents
<ul style="list-style-type: none"> • Ambien CR[®] • Edluar[®] • Lunesta[®] • Rozerem[®] • Zolpimist[®] 	<ul style="list-style-type: none"> • zaleplon (generic Sonata[®]) • zolpidem (generic Ambien[®])

*Only the nonpreferred hypnotic agents listed are subject to the physician written certification requirement.

Please note that a benefit limit may also apply to hypnotic agents.

If you feel that a nonpreferred hypnotic agent is necessary for your patient, you will need to certify in writing to BCBSNC that the member has previously used a preferred hypnotic agent and that such drug was ineffective in treating the condition or likely to be detrimental to the member's health. You will be able to download a copy of the certification form online at www.bcbsnc.com via the Provider page in early March. Please note that only one certification will need to be submitted on a member's behalf during the term of his or her policy. However, if the member should change BCBSNC policies in the future, you will need to resubmit the certification.

We will notify BCBSNC members who currently are prescribed one of the nonpreferred hypnotic agents about this new requirement in early March. **Please note that if a member attempts to fill a prescription for a nonpreferred hypnotic agent on or after April 1, 2010, the claim will reject at the pharmacy if we have not received the required written certification.** If this occurs, the member may be directed to contact you to discuss other treatment options that would be appropriate for his or her condition.

This certification requirement will apply to members enrolled in BCBSNC commercial lines of business. It does not apply to the State Health Plan, the Federal Employee Program or our Medicare products. However, as these plans may have different utilization requirements for these drugs, please check their respective benefits for details. If you have any questions, please contact your BCBSNC Network Management representative.

Sincerely,

John K. Fong, MD
Vice President and Senior Medical Director

Estay Greene, Pharm.D.
Director, Pharmacy Programs