Blue Cross and Blue Shield of Vermont and The Vermont Health Plan
Hypnotics
Rozerem®, Silenor®, Intermezzo, Zolpimist®, Belsomra®
Step Therapy Guidelines

DESCRIPTION: Mediate through selective affinity for the alpha-1 subunit of omega-1 receptor located on the GABA, receptor complex. Agonism at this site enhances GABA-ergic chloride conductance hyperpolarizing neuronal membranes and therefore reducing the responsiveness to excitatory signals. The agent, is a potent, selective agonist of melatonin receptors MT1 and MT2 (with little affinity for MT3) within the hypothalamus, the area responsible for circadian rhythms and synchronization of sleep-wake cycle.

INDICATION(S):
- Treatment of insomnia
- Treatment of insomnia characterized by difficulty with sleep onset
- Treatment of short-term insomnia (sleep onset and/or sleep maintenance)

REASONS FOR Step Therapy:
- ☑ Cost
- ☐ Potential for misuse
- ☐ Toxicity

CRITERIA for APPROVAL:
The patient has had a 30 day trial of generic Zolpidem prior to a Non Preferred Brand Name Medication.

REASON for DENIAL of BENEFIT:
Patient does not meet above criteria

BENEFIT APPROVAL:
Approval for two years

References: