



## Coverage Guidelines: Humira (adalimumab)

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### Policy

Network Health covers Humira (adalimumab) with prior authorization for *Network Health Together*<sup>®</sup>, *Network Health Forward*<sup>®</sup>, and *Network Health Extend* members who meet specific coverage criteria. Humira is only available through our specialty pharmacy program as a pharmacy benefit.

### Covered conditions

Network Health covers Humira when a member meets all criteria for one of the following conditions:

#### Ankylosing spondylitis

- Is 18 years of age or older, **and**
- Has been evaluated by a rheumatologist, **and**
- Has tried and failed treatment with or has a contraindication to one nonsteroidal anti-inflammatory drug (NSAID); **or** has tried and failed treatment with another biological agent, such as Enbrel, Simponi, or Remicade; **or** is a new Network Health member already stabilized on Humira treatment

#### Crohn's disease

- Is 18 years of age or older, **and**
- Has been evaluated by a gastroenterologist, **and**
- Has tried and failed treatment with or has a contraindication to at least two of the following medications: sulfasalazine, mesalamine, azathioprine, 6-mercaptopurine, cyclosporine, methotrexate, prednisone, hydrocortisone, budesonide, or methylprednisolone; **or** has tried and failed treatment with another biological agent, such as Cimzia or Remicade; **or** is a new Network Health member already stabilized on Humira treatment

#### Juvenile rheumatoid arthritis

- Is between 4 and 17 years of age, **and**
- Has been evaluated by a rheumatologist, **and**
- Has tried and failed treatment with or has a contraindication to one traditional disease-modifying antirheumatic drug (DMARD), such as azathioprine, gold therapy, hydroxychloroquine, methotrexate, penicillamine, sulfasalazine, cyclosporine, or leflunomide; **or** has tried and failed treatment with another biological agent, such as Enbrel; **or** is a new Network Health member already stabilized on Humira treatment

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### **Plaque psoriasis**

- Is 18 years of age or older, **and**
- Has been evaluated by a dermatologist, **and**
- Has tried and failed treatment with or has a contraindication to at least two of the following therapies: PUVA or UVB phototherapy, acitretin, cyclosporine, or methotrexate; **or** has tried and failed treatment with another biological agent, such as Amevive, Enbrel, or Remicade; **or** is a new Network Health member already stabilized on Humira treatment

### **Psoriatic arthritis**

- Is 18 years of age or older, **and**
- Has been evaluated by a rheumatologist or dermatologist, **and**
- Has tried and failed treatment with or has a contraindication to one traditional DMARD, such as azathioprine, gold therapy, hydroxychloroquine, methotrexate, penicillamine, sulfasalazine, cyclosporine, or leflunomide; **or** has tried and failed treatment with another biological agent, such as Enbrel, Simponi, or Remicade; **or** is a new Network Health member already stabilized on Humira treatment

### **Rheumatoid arthritis**

- Is 18 years of age or older, **and**
- Has been evaluated by a rheumatologist, **and**
- Has tried and failed treatment with or has a contraindication to one traditional DMARD, such as azathioprine, gold therapy, hydroxychloroquine, methotrexate, penicillamine, sulfasalazine, cyclosporine, or leflunomide; **or** has tried and failed treatment with another biological agent, such as Orencia, Kineret, Cimzia, Enbrel, Simponi, or Remicade; **or** is a new Network Health member already stabilized on Humira treatment

**Please note:** Network Health will approve one year of initial Humira treatment for any of the covered conditions described in the covered conditions section. Network Health will continue to approve Humira treatment yearly for these conditions when a provider provides clinical documentation (e.g., office note, specialist note) of member improvement while receiving Humira.

### **Noncovered conditions**

Network Health does not cover Humira for conditions not described in the covered conditions section.

### **Definitions**

**Ankylosing spondylitis** is a chronic inflammatory arthritis that affects the joints in the spine and the sacroiliac in the pelvis, and causes the vertebrae in the spine to eventually fuse.

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**Crohn's disease** is a chronic form of inflammatory bowel disease that causes severe irritation in the gastrointestinal tract. This disease usually affects the lower small intestine (ileum) or the colon, but can affect the entire gastrointestinal tract.

**Juvenile rheumatoid arthritis** is a chronic and progressive disease in which the immune system attacks the joints. This disease is characterized by pain, inflammation, and swelling of the joints; stiffness; weakness; loss of mobility; and deformity. The onset occurs before age 16.

**Plaque psoriasis** is a type of psoriasis characterized by red, silvery-white, and scaly skin lesions.

**Psoriatic arthritis** is a form of rheumatoid arthritis associated with psoriasis that usually affects fingers and toes.

**Rheumatoid arthritis** is a chronic and progressive disease in which the immune system attacks the joints. This disease is characterized by pain, inflammation, and swelling of the joints; stiffness; weakness; loss of mobility; and deformity.

### Guidelines references

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