



UnitedHealthcare Pharmacy  
Clinical Pharmacy Programs

Program Number	2023 P 3172-1
Program	Step Therapy
Medication	Methyldopa
P&T Approval Date	5/2023
Effective Date	8/1/2023; Oxford only: 8/1/2023

**1. Background:**

Methyldopa is an aromatic-amino-acid decarboxylase inhibitor indicated for hypertension.

The American Heart Association recommends methyldopa as widely established first-line option in the treatment of hypertension in pregnancy.

This program requires a member to try lower cost options prior to receiving coverage for methyldopa unless the patient is pregnant.

**2. Coverage Criteria<sup>a</sup>:**

**A. Methyldopa** will be approved based on **one** of the following criteria:

1. Patient is pregnant

**-OR-**

2. History of failure, contraindication or intolerance to **all** of the following (document name and date tried):

- a. angiotensin-converting enzyme (ACE) inhibitor (e.g., lisinopril)
- b. angiotensin receptor (ARB) blocker (e.g., valsartan)
- c. calcium channel blocker (CCB; e.g. amlodipine)
- d. diuretic (e.g. hydrochlorothiazide)

**Authorization will be issued for 12 months.**

<sup>a</sup> State mandates may apply. Any federal regulatory requirements and the member specific benefit plan coverage may also impact coverage criteria. Other policies and utilization management programs may apply.

**3. Additional Clinical Programs:**

- Notwithstanding Coverage Criteria, UnitedHealthcare may approve initial and re-authorization based solely on previous claim/medication history, diagnosis codes (ICD-10) and/or claim logic. Use of automated approval and re-approval processes varies by program and/or therapeutic class.

#### 4. References:

1. Methyldopa [package insert]. Conger, NY: Chartwell RX, LLC; November 2022.
2. Garovic VD, Dechend R, Karumanchi SA, et al. Hypertension in Pregnancy: Diagnosis, Blood Pressure Goals, and Pharmacotherapy: A Scientific Statement from the American Heart Association. Hypertension. 2022; 79: 321-e41.

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Program	Step Therapy – Methyldopa
<b>Change Control</b>	
Date	Change
5/2023	New program.