

# Step Therapy

## What is Step Therapy?



Step therapy is a protocol used by health insurance companies that requires patients to **try and fail** on one or more **lower cost** medications before they will provide coverage for the medication originally prescribed by the patient's provider.

This policy is also known as "**fail first**" because it requires a patient to fail on an insurer-preferred drug first. This protocol is inherently **not patient-centric** because it **limits** the decision-making of patients and physicians which can, and has, resulted in worsened health outcomes for inflammatory bowel diseases (IBD) patients. These decisions are based solely on cost and not on what's best for the patient.



## IBD Patients and Step Therapy Protocol

### In a survey<sup>1</sup> of 2,600 IBD patients:



**40%** indicated they had been subject to step therapy

### Of those:



**58%** of patients were required to fail two or more drugs before having access to the originally prescribed drug



**60%** were unable to have a doctor intervene to stop the step therapy process on their behalf



**59%** were delayed from their optimal treatment plan for over three months



**32%** were delayed for over seven months



**94%** believe step therapy to be a barrier to timely and appropriate care

<sup>1</sup>National survey performed by the Crohn's & Colitis Foundation. 2,602 respondents were surveyed in December 2016.