



UnitedHealthcare Pharmacy
Clinical Pharmacy Programs

Program Number	2024 P 3172-2
Program	Step Therapy
Medication	Methyldopa
P&T Approval Date	5/2023, 5/2024
Effective Date	8/1/2024

1. Background:

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

The American Heart Association recommends methyldopa as a 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^a:

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.

^a 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
Change Control	
Date	Change
5/2023	New program.
5/2024	Annual review with no changes.