

# Dose Optimization Drug List

Dose optimization usually means increasing the amount of a medication so that you only have to take it once a day, instead of taking a lower dose two times each day. The goal of dose optimization in these cases is to help make sure you take a single dosage at the higher strength as soon as your doctor thinks it's appropriate. Forgetting to take your medication can cause health problems. And research shows it's easier for people to remember to take their medication if they only have to take it once per day.

## Medications with dose optimization:

Category	Type	Medication	Recommended dosing
Excessive Sleepiness	Excessive Sleepiness	Provigil 100mg	1 tablet per day
Heart Health and Blood Pressure	Heart Attack Prevention	Effient 5mg	1 tablet per day
	High Blood Pressure	Adalat CC 30mg	1 tablet per day
		Avapro 75mg, 150mg	1 tablet per day
		Azor 5/20mg	1 tablet per day
		Benicar 20mg	1 tablet per day
		Benicar HCT 20/12.5mg	1 tablet per day
		Cardizem CD 120mg, 180mg, 240mg	1 capsule per day
		Cardizem LA 120mg, 180mg, 240mg	1 tablet per day
		Dilacor XR 120mg	1 capsule per day
		Dynacirc CR 5mg	1 tablet per day
		Edarbi 40mg	1 tablet per day
		Exforge 5/160mg	1 tablet per day
		Exforge HCT 5/160/12.5mg	1 tablet per day
		Hyzaar 50/12.5mg	1 tablet per day
		Micardis 20mg, 40mg	1 tablet per day
		Micardis HCT 40/12.5mg	1 tablet per day
		Procardia XL 30mg	1 tablet per day
		Tekamlo 150-5mg	1 tablet per day
		Tekturna 150mg	1 tablet per day
		Twynsta 40/5 mg	1 tablet per day
		Valturna 150/160mg	1 tablet per day
	Verelan PM 100mg, 200mg, 300mg	1 capsule per day	
	High Blood Pressure/Heart Failure	Diovan HCT 80/12.5mg, 160/12.5mg	1 tablet per day
		Diltiazem extended-release 120 mg, 180 mg	1 tablet/capsule per day
		Norvasc 2.5 mg, 5 mg	1 tablet per day
		Plendil 2.5 mg, 5 mg	1 tablet per day
		Sular 8.5mg, 17mg, 20mg	1 tablet per day
Verapamil ER 100 mg		1 tablet/capsule per day	
Verelan 120 mg, 180 mg		1 capsule per day	
High Cholesterol	High Cholesterol/High Blood Pressure	Caduet 2.5-10mg, 2.5-20mg, 2.5-40mg, 5-10mg, 5-20mg, 5-40mg	1 tablet per day
		Advicor 500-20mg	1 tablet per day
		Altoprev 10mg, 20mg, 40mg	1 tablet per day
		Crestor 5mg, 10mg, 20mg	1 tablet per day
		Lescol 20mg, 40mg	1 capsule per day

Category	Type	Medication	Recommended dosing
High Cholesterol	High Cholesterol/High Blood Pressure	Lipitor 10mg, 20mg, 40mg	1 tablet per day
		Livalo 1mg, 2mg	1 tablet per day
		Mevacor 10mg, 20mg	1 tablet per day
		Pravachol 10mg, 20mg, 40mg	1 tablet per day
		Zocor 5mg, 10mg, 20mg, 40mg	1 tablet per day
Mental Health	Antidepressant	Aplenzin ER 174mg (1 QD)	1 tablet per day
		Brintellix 5mg, 10mg	1 tablet per day
		Celexa (citalopram) 10mg, 20mg	1.5 tablets per day
		Cymbalta 30mg	1 capsule per day
		Desvenlafaxine 50mg	1 tablet per day
		Effexor XR 37.5mg, 75mg	1 capsule per day
		Fetzima	1 capsule per day
		Fluoxetine (Prozac, Sarafem) 10mg CAP-SULES	1 capsule per day
		Fluoxetine (Prozac, Sarafem) 10mg TABLETS	1.5 tablets per day
		Fluoxetine (Prozac, Sarafem) 20mg	4 tablets per day
		Fluoxamine 25mg, 50mg	1.5 tablets per day
		Khedezla	1 tablet per day
		Paroxetine (Paxil, Pexeva) 10mg	1.5 tablets per day
		Paroxetine (Paxil, Pexeva) 20mg	1 tablet per day
		Paxil CR 12.5mg	1 tablet per day
		Pristiq 50mg	1 tablet per day
		Venlafaxine Extended Release Tablets 37.5mg, 75mg	1 tablet per day
		Wellbutrin SR 100mg	2 tablets per day
		Wellbutrin XL 150mg	1 tablet per day
		Zoloft 25mg, 50mg	1.5 tablets per day
Lexapro 5mg & 10mg	1.5 tablets per day		
Vibryd (vilazodone) 10 mg, 20 mg	1 tablet per day		
Wellbutrin 75 mg	3 tablets per day		

Drugs on this list may not be covered by your prescription plan because health benefit plans vary. Your prescription drug benefit description of coverage will tell you the limitations and exclusions of your coverage. We make changes to this list from time to time. Check [anthem.com](http://anthem.com) or call the number on your member ID card to check a specific drug.

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