



Step Therapy And Its Impact on Patients

Step therapy is a utilization tool implemented by payers which requires patients to first try alternate treatments, based on their cost to the plan, before covering their physician's preferred treatment for that patient. Unfortunately, cost-based decision making (like step therapy or fail-first practices) can have both a physical and emotional impact on patients.

Adherence Tumbles on Step Therapy*

nearly **20% fewer** adherent RA patients



nearly **30% fewer** adherent PsA patients



Utilization Management Yields Worse Health*



+188%

Increased hospital admission due to infection



+79%

Increased ER visits



+20%

Increased use of non-steroidal anti-inflammatory drugs



+15%

Increased use of glucocorticoid drugs

Step Therapy Makes Patients Stop Therapy¹



1 in 4

The number of patients who stopped taking medicines because the **insurance company did not pay** for the medicines taken.

*Source: Boytsov et al., 2019, analysis using IBM MarketScan Commercial Claims and Encounters and Managed Markets Insights & Technology databases.

1. Source: Xcenda 2019 survey of 634 patients