

Advocate for Your Patients With Step Therapy Exception Requests

Help your patients receive their medication as prescribed^a

The Safe Step Act is a bipartisan bill designed to protect step therapy exceptions for patients in group health plans nationwide.¹⁻³ While this federal bill is still pending, many states have enacted legislation to assist in overcoming step therapy requirements.⁴ To learn more, visit StepTherapy.com.^b



Consider using state-specific step therapy exception requests to help eligible patients access their prescribed medications^a

Many US states have enacted step therapy laws, and other states and territories may have introduced step therapy legislation. State-specific step therapy laws vary in scope.⁴

These legislative efforts are brand-agnostic and apply broadly across therapeutic classes.⁴

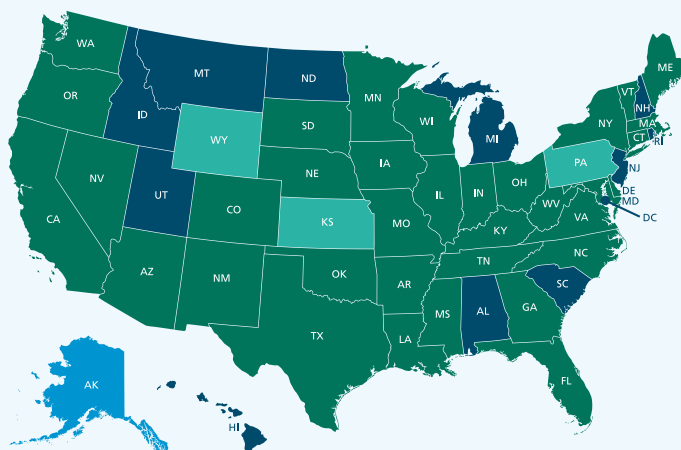
To help your patients with step therapy restrictions receive their prescribed medications, consider reviewing step therapy protections in their area.^c Patients may potentially qualify for step therapy protection if a first-step medication was contraindicated, expected to be ineffective, known or likely to cause an adverse reaction, or not in the best interest of the individual.⁴ You may review the state-specific legislation to see which step therapy protections are available in your or your patient's state of residence. State-specific step therapy exception request forms may be available.



SCAN THE QR CODE to learn more about state-level step therapy protections and download step therapy exception request forms^c



US step therapy protections as of August 2026⁵



■ = Legislation With Form

This state has step therapy protections backed by enacted legislation and reinforced through a state-specific request form tailored to ensure compliance with these state regulations.

■ = Legislation Only

This state has step therapy protections backed by enacted legislation that can be used as supportive reasoning when requesting a step therapy exception from a payor. Currently there is not a state-specific request form available.

■ = Legislation Enacted but Not Yet in Effect

This state has step therapy protections coming soon.

■ = No Legislation

There are no step therapy protections enacted in this state.



Learn more about support for step therapy exception requests from Pharmacosmos Therapeutics

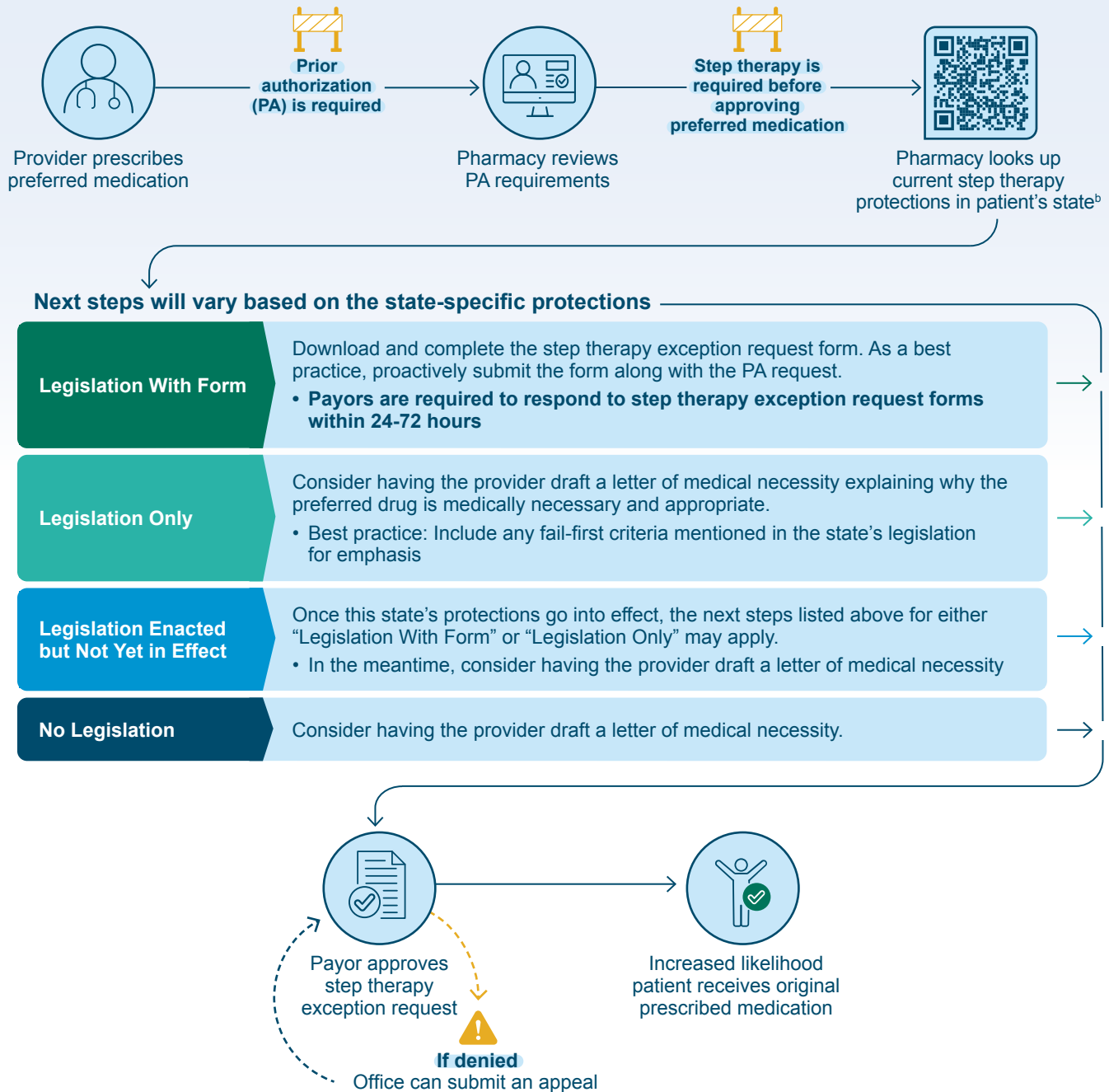


^aStep therapy exception requirements and eligibility may vary. This information is intended for educational use only and is not a guarantee of coverage or reimbursement. Pharmacosmos Therapeutics Inc. makes no guarantees regarding the timeliness or appropriateness of this information for your particular use. The accurate completion of coverage or reimbursement-related documentation is the sole responsibility of the provider. Providers should consult with individual payors for all relevant coding, reimbursement, and coverage requirements. Contact a legal professional for information about step therapy laws in your jurisdiction.

^bStepTherapy.com is a third-party website unaffiliated with Pharmacosmos Therapeutics Inc. This information was developed by StepTherapy.com and is for general educational purposes only. Pharmacosmos Therapeutics Inc. assumes no responsibility for errors or omissions in the content or for any actions taken based on the information provided. Links to external third-party websites are provided for convenience and do not imply endorsement. Pharmacosmos Therapeutics Inc. is not responsible for the accuracy, reliability, or content of third-party websites.

^cFor patients insured through national carriers, such as Aetna, Cigna, UnitedHealthcare, or Humana, consider using a step therapy exception request for the state in which treatment is rendered. For patients insured through regional associations, such as Blue Cross Blue Shield (BCBS), consider using a step therapy exception request for the home state of the network affiliate, as indicated on the patient's insurance card. For more information, contact the state's insurance regulator.

Optimizing Your Prior Authorization Workflow With Proactive Use of Step Therapy Exception Requests^a



Using their knowledge of local, regional, and national access and reimbursement considerations, your Field Reimbursement Manager (FRM) can provide education about the step therapy exception process.^c

To locate an FRM in your area or learn more about support from Pharmacosmos Therapeutics, email STER@pharmacosmos.us

^aIllustrative example only; individual workflows may vary by patient.

^bIf the patient is insured through national carriers, such as Aetna, Cigna, UnitedHealthcare, or Humana, consider using a step therapy exception request for the state in which treatment is rendered. If the patient is insured through regional associations, such as Blue Cross Blue Shield (BCBS), consider using a step therapy exception request for the home state of the network affiliate, as indicated on the insurance card. For more information, contact the state's insurance regulator.

^cPrescribers or their staff must complete and submit all insurance forms. FRMs can only provide education.

References: 1. McBeth, colleagues reintroduce bipartisan Safe Step Act to improve patient access to treatments. Lucy McBeth (D-GA). April 13, 2023. Accessed July 28, 2026. <https://mcbeth.house.gov/2023/04/13/2023-4-mcbeth-colleagues-reintroduce-bipartisan-safe-step-act-to-improve-patient-access-to-treatments> 2. H. R. 5509. Congress.gov. September 19, 2025. Accessed August 17, 2026. <https://www.congress.gov/119/bills/hr5509/BILLS-119hr5509ih.pdf> 3. S. 2903. Congress.gov. September 18, 2025. Accessed August 17, 2026. <https://www.congress.gov/119/bills/s2903/BILLS-119s2903is.pdf> 4. Tharp L, Rothblatt Z. Do patients benefit from legislation regulating step therapy? *Health Econ Policy Law*. 2022;17(3):282-297. 5. Step therapy legislation by state. Step Therapy. September 2024. Accessed July 28, 2026. <https://steptherapy.com/step-therapy-legislation-by-state>