

## 2026 Consumer Directed Healthcare (CDH) Preventive Medications - Standard Generics Only

This list provides examples of commonly prescribed preventive medications. It is not an all-inclusive list; however, many examples of the medications are listed in each category.

This list does not indicate coverage. Please check with your plan administrator and/or benefit information materials if you have questions on coverage. Your cost share will be determined by your plan's drug coverage and formulary plan.

Coverage prior to the deductible being met may not be provided for every strength or dosage form of a listed medication.

### **ASTHMA**

budesonide oral inhalation

### **BONE DISEASE AND FRACTURES**

alendronate  
ibandronate oral  
raloxifene  
risedronate  
risedronate dr  
zoledronic acid 5mg

### **CAVITIES**

periomed  
sodium fluoride rinse, gel, cream,  
paste, tabs and drops

### **COLONOSCOPY PREPARATION\***

gavilyte-c  
gavilyte-g  
gavilyte-n  
PEG-3350/electrolytes  
sodium, potassium and  
magnesium sulfates

### **DEPRESSION**

citalopram  
escitalopram  
fluoxetine  
fluoxetine dr  
fluvoxamine  
fluvoxamine er  
paroxetine  
paroxetine er  
sertraline

### **DIABETES**

acarbose  
exenatide  
glimepiride  
glipizide  
glipizide er and xl  
glipizide/metformin  
glyburide  
glyburide/metformin  
glyburide micronized  
liraglutide  
metformin  
metformin er  
metformin solution  
miglitol  
nateglinide  
pioglitazone  
pioglitazone/glimepiride  
pioglitazone/metformin  
repaglinide  
saxagliptin  
saxagliptin/metformin er

### **HEART DISEASE AND STROKE**

#### **BLOOD THINNERS**

aspirin, 81 mg\* & 325 mg  
aspirin-dipyridamole er  
clopidogrel  
dabigatran  
dipyridamole  
jantoven  
prasugrel  
rivaroxaban  
ticagrelor  
warfarin

### **CHOLESTEROL LOWERING**

#### **HMG-COA REDUCTASE INHIBITORS\***

atorvastatin  
fluvastatin  
fluvastatin er  
lovastatin  
pitavastatin  
pravastatin  
rosuvastatin  
simvastatin

#### **OTHER CHOLESTEROL LOWERING AGENTS**

amlodipine/atorvastatin  
cholestyramine  
cholestyramine light  
colesevelam  
colestipol  
ezetimibe  
ezetimibe/simvastatin  
fenofibrate  
fenofibric acid  
fenofibric acid dr  
gemfibrozil  
icosapent ethyl  
niacin  
niacin er  
prevalite

# 2026 CDH Preventive Medications - Standard Generic

## HIGH BLOOD PRESSURE (HBP)

### ACE INHIBITORS

benazepril  
captopril  
enalapril  
fosinopril  
lisinopril  
moexipril  
perindopril  
quinapril  
ramipril  
trandolapril

### ACE INHIBITORS/DIURETIC COMBINATIONS

benazepril/hctz  
captopril/hctz  
enalapril/hctz  
fosinopril/hctz  
lisinopril/hctz  
quinapril/hctz

### ANGIOTENSIN II RECEPTOR ANTAGONISTS

candesartan  
eprosartan  
irbesartan  
losartan  
olmesartan  
telmisartan  
valsartan

### ANGIOTENSIN II RECEPTOR ANTAGONISTS/DIURETIC COMBINATIONS

candesartan/hctz  
irbesartan/hctz  
losartan/hctz  
olmesartan/hctz  
telmisartan/hctz  
valsartan/hctz

## BETA BLOCKERS

acebutolol  
atenolol  
betaxolol  
bisoprolol  
metoprolol succinate er  
metoprolol tartrate  
nadolol  
nebivolol  
pindolol  
propranolol  
propranolol er  
timolol

### BETA BLOCKER/ DIURETIC COMBINATIONS

atenolol/chlorthalidone  
bisoprolol/hctz  
metoprolol/hctz  
propranolol/hctz

## CALCIUM CHANNEL BLOCKERS

amlodipine  
cartia xt  
diltiazem  
diltiazem cd  
diltiazem er  
felodipine er  
isradipine  
matzim la  
nicardipine  
nifedipine  
nifedipine er  
nisoldipine er  
tiadylt er  
verapamil  
verapamil er  
verapamil er pm  
verapamil sr

## DIURETICS

chlorthalidone  
hydrochlorothiazide  
indapamide  
metolazone

## OTHER HBP & COMBINATIONS

amlodipine/atorvastatin  
amlodipine/benazepril  
amlodipine/olmesartan  
amlodipine/olmesartan/hctz  
amlodipine/valsartan  
amlodipine/valsartan/hctz  
trandolapril/verapamil er

## MALARIA

atovaquone/proguanil  
chloroquine  
mefloquine  
primaquine

## MISC ANTIVIRALS

emtricitabine/tenofovir disoproxil fumarate (TDF) 200mg/300mg\*

## OBESITY

benzphetamine  
diethylpropion  
diethylpropion er  
phendimetrazine  
phendimetrazine er  
phentermine  
phentermine/topiramate er

## SMOKING-CESSATION\*

bupropion sr 150mg  
nicotine gum, lozenges and patches  
varenicline

## VITAMINS OR MINERALS

Folic acid\*  
generic prenatal vitamins  
generic pediatric multivitamins with fluoride\*

\*Please note that some of these medications are also subject to the Affordable Care Act (ACA) and may be covered by your plan at 100%.

**Express Scripts® Pharmacy Benefit Services manages your prescription benefit for your employer, plan sponsor, or health plan. For specific questions on coverage, please call the phone number on your member ID card or visit our website [express-scripts.com](https://www.express-scripts.com).**

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