AETNA BETTER HEALTH®
Coverage Policy/Guideline

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Effective Date:	2/28/2025	Last Review Date:	1/2025

Applies to:	☐Illinois	☐Florida	☒Florida Kids
	☒New Jersey	☒Maryland	☐Michigan
	☒Pennsylvania Kids	☐Virginia	☐Kentucky PRMD

Intent:

The intent of this policy/guideline is to provide information to the prescribing practitioner outlining the coverage criteria for tadalafil under the patient's prescription drug benefit.

Description:

Indications

The indications below including FDA-approved indications and compendial uses are considered a covered benefit provided that all the approval criteria are met and the member has no exclusions to the prescribed therapy.

FDA-approved Indications[1-4]

Indicated for the treatment of pulmonary arterial hypertension (PAH) (World Health Organization [WHO] Group 1) to improve exercise ability. Studies establishing effectiveness included predominately patients with New York Heart Association (NYHA) Functional Class II – III symptoms and etiologies of idiopathic or heritable PAH or PAH associated with connective tissue diseases.

Compendial Uses[5]

Secondary Raynaud's phenomenon

All other indications are considered experimental/investigational and not medically necessary.

Applicable Drug List:

Preferred:
Tadalafil 20 mg tablet
Alyq 20 mg tablet

Policy/Guideline:

Prescriber Specialty

This medication must be prescribed by or in consultation with a pulmonologist or cardiologist.

Coverage Criteria

Note: Requests require that the member is unable to take sildenafil for the given diagnosis due to a trial and inadequate treatment response or intolerance, or a contraindication.

Pulmonary Arterial Hypertension (PAH)[1-4,6-9]

Authorization of 12 months may be granted for treatment of PAH when ALL of the following criteria are met:

- Member has PAH defined as WHO Group 1 class of pulmonary hypertension (refer to Appendix).
- PAH was confirmed by either of the following criteria:
  - Pretreatment right heart catheterization with all of the following results:
    - Mean pulmonary arterial pressure (mPAP) > 20 mmHg
    - Pulmonary capillary wedge pressure (PCWP) ≤ 15 mmHg
    - Pulmonary vascular resistance (PVR) > 2 Wood units. For pediatric members, pulmonary vascular resistance index (PVRI) > 3 Wood units x m^2 is also acceptable.
  - For infants less than one year of age, PAH was confirmed by Doppler echocardiogram if right heart catheterization cannot be performed.

Secondary Raynaud's Phenomenon[5,10-13]

Authorization of 12 months may be granted for treatment of secondary Raynaud's phenomenon when the member has had an inadequate response to one of the following medications:

- Calcium channel blockers
- Angiotensin II receptor blockers
- Selective serotonin reuptake inhibitors
- Alpha blockers
- Angiotensin-converting enzyme inhibitors

Continuation of Therapy

Authorization of 12 months may be granted for members with an indication listed in the coverage criteria section who are currently receiving a tadalafil product through a paid pharmacy or medical benefit, and who are experiencing benefit from therapy as evidenced by disease stability or disease improvement.

Appendix

WHO Classification of Pulmonary Hypertension (PH)[7]

Note: Patients with heritable PAH or PAH associated with drugs and toxins might be long-term responders to calcium channel blockers.

Group 1: Pulmonary Arterial Hypertension (PAH)

- Idiopathic
  - Long-term responders to calcium channel blockers
- Heritable
- Associated with drugs and toxins
- Associated with:
  - Connective tissue disease
  - Human immunodeficiency virus (HIV) infection
  - Portal hypertension
  - Congenital heart disease
  - Schistosomiasis
- PAH with features of venous/capillary (pulmonary veno-occlusive disease [PVOD]/pulmonary capillary hemangiomatosis [PCH]) involvement
- Persistent PH of the newborn

Group 2: PH associated with Left Heart Disease

- Heart failure:
  - With preserved ejection fraction
  - With reduced or mildly reduced ejection fraction
  - Cardiomyopathies with specific etiologies (i.e., hypertrophic, amyloid, Fabry disease, and Chagas disease)
- Valvular heart disease:
  - Aortic valve disease
  - Mitral valve disease
  - Mixed valvular disease
- Congenital/acquired cardiovascular conditions leading to post-capillary PH

Group 3: PH associated with Lung Diseases and/or Hypoxia

- Chronic obstructive pulmonary disease (COPD) and/or emphysema
- Interstitial lung disease
- Combined pulmonary fibrosis and emphysema

- Other parenchymal lung diseases (i.e., parenchymal lung diseases not included in Group 5)
- Nonparenchymal restrictive diseases:
  - Hypoventilation syndromes
  - Pneumonectomy
- Hypoxia without lung disease (e.g., high altitude)
- Developmental lung diseases

Group 4: PH associated with Pulmonary Artery Obstructions

- Chronic thromboembolic PH
- Other pulmonary artery obstructions:
  - Sarcomas (high- or intermediate-grade or angiosarcoma)
  - Other malignant tumors (e.g., renal carcinoma, uterine carcinoma, germ-cell tumors of the testis)
  - Non-malignant tumors (e.g., uterine leiomyoma)
  - Arteritis without connective tissue disease
  - Congenital pulmonary artery stenoses
  - Hydatidosis

Group 5: PH with Unclear and/or Multifactorial Mechanisms

- Hematological disorders, including inherited and acquired chronic hemolytic anemia and chronic myeloproliferative disorders
- Systemic disorders: Sarcoidosis, pulmonary Langerhans cell histiocytosis, and neurofibromatosis type 1
- Metabolic disorders, including glycogen storage diseases and Gaucher disease
- Chronic renal failure with or without hemodialysis
- Pulmonary tumor thrombotic microangiopathy
- Fibrosing mediastinitis
- Complex congenital heart disease

Approval Duration and Quantity Restrictions:

Approval: 12 months

Quantity Level Limit:

- Alyq and tadalafil 20 mg tablets: 60 per 30 days

References:

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6. Simonneau G, Montani D, Celermajer DS, et al. Haemodynamic definitions and updated clinical classification of pulmonary hypertension. Eur Respir J. 2019;53(1):1801913. doi:10.1183/13993003.01913-2018
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10. Hughes M, Ong VH, Anderson ME, et al. Consensus best practice pathway of the UK Scleroderma Study Group: digital vasculopathy in systemic sclerosis. Rheumatology. 2015;54:2015-2024.
11. Roustit M, Blaise S, Allanore Y, et al. Phosphodiesterase-5 inhibitors for the treatment of secondary Raynaud's phenomenon: systematic review and meta-analysis of randomized trials. Ann Rheum Dis. 2013;72(10):1696-1699.
12. Walker KM, Pope J, et al. Treatment of systemic sclerosis complications: what to use when first-line treatment fails – a consensus of systemic sclerosis experts. Semin Arthritis Rheum. 2012;42(1):42-55.
13. Kowal-Bielecka O, Fransen J, Avouac J, et al. Update of EULAR recommendations for the treatment of systemic sclerosis. Ann Rheum Dis. 2017;76(8):1327-1339.