Reference number(s)
2008-A

SPECIALTY GUIDELINE MANAGEMENT

HUMIRA (adalimumab)

POLICY

I. 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.

A. FDA-Approved Indications
1. Moderately to severely active rheumatoid arthritis (RA)
2. Moderately to severely active polyarticular juvenile idiopathic arthritis (pJIA)
3. Active psoriatic arthritis (PsA)
4. Active ankylosing spondylitis (AS)
5. Moderately to severely active Crohn's disease (CD)
6. Moderate to severely active ulcerative colitis (UC)
7. Moderate to severe chronic plaque psoriasis (PsO)
8. Moderate to severe Hidradenitis Suppurativa
9. Non-infectious intermediate, posterior and panuveitis

B. Compendial Uses
Axial spondyloarthritis

All other indications are considered experimental/investigational and are not a covered benefit.

II. CRITERIA FOR INITIAL APPROVAL

A. Moderately to severely active rheumatoid arthritis (RA)

1. Authorization of 24 months may be granted for members who have previously received Humira or any other biologic DMARD or targeted synthetic DMARD (e.g., Xeljanz) indicated for moderately to severely active rheumatoid arthritis.

2. Authorization of 24 months may be granted for treatment of moderately to severely active RA when any of the following criteria is met:
   a. Member has experienced an inadequate response to at least a 3-month trial of methotrexate despite adequate dosing (i.e., titrated to 20 mg/week).
   b. Member has an intolerance or contraindication to methotrexate (see Appendix A).

B. Moderately to severely active polyarticular juvenile idiopathic arthritis (pJIA)

1. Authorization of 24 months may be granted for members who have previously received Humira or any other biologic DMARD indicated for moderately to severely active polyarticular juvenile idiopathic arthritis.

2. Authorization of 24 months may be granted for treatment of active pJIA when any of the following criteria is met:

a. Member has experienced an inadequate response to at least a 3-month trial of methotrexate.
b. Member has intolerance or contraindication to methotrexate (see Appendix A).

C. Active psoriatic arthritis (PsA)
Authorization of 24 months may be granted for treatment of active psoriatic arthritis (PsA).

D. Active ankylosing spondylitis (AS) and axial spondyloarthritis
1. Authorization of 24 months may be granted for members who have previously received Humira or any other biologic DMARD indicated for active ankylosing spondylitis.

2. Authorization of 24 months may be granted for treatment of active ankylosing spondylitis and axial spondyloarthritis when any of the following criteria is met:
   a. Member has experienced an inadequate response to at least two non-steroidal anti-inflammatory drugs (NSAIDs).
   b. Member has an intolerance or contraindication to two or more NSAIDs.

E. Moderately to severely active Crohn's disease (CD)
1. Authorization of 24 months may be granted for members who have previously received Humira or any other biologic indicated for the treatment of Crohn's disease.

2. Authorization of 24 months may be granted for treatment of moderately to severely active CD if the member has had an inadequate response, intolerance or contraindication to at least one conventional therapy option (see Appendix B).

F. Moderately to severely active ulcerative colitis (UC)
1. Authorization of 24 months may be granted for members who have previously received Humira or any other biologic indicated for moderately to severely active ulcerative colitis.

2. Authorization of 24 months may be granted for treatment of moderately to severely active UC if the member has had an inadequate response, intolerance or contraindication to at least one conventional therapy option (see Appendix C).

G. Moderate to severe chronic plaque psoriasis (PsO)
1. Authorization of 24 months may be granted for members who have previously received Humira, Otezla, or any other biologic DMARD indicated for the treatment of moderate to severe chronic plaque psoriasis.

2. Authorization of 24 months may be granted for treatment of moderate to severe chronic plaque psoriasis when all of the following criteria are met:
   a. At least 5% of body surface area (BSA) is affected OR crucial body areas (e.g., hands, feet, face, neck, scalp, genitals/groin, intertriginous areas) are affected.
   b. Member meets any of the following criteria:
      i. Member has had an inadequate response or intolerance to either phototherapy (e.g., UVB, PUVA) or a pharmacologic treatment with methotrexate, cyclosporine or acitretin.
      ii. Member has a clinical reason to avoid pharmacologic treatment with methotrexate, cyclosporine or acitretin (see Appendix D).
      iii. Member has severe psoriasis that warrants a biologic DMARD as first-line therapy.

H. Moderate to severe hidradenitis suppurativa
Authorization of 24 months may be granted for treatment of moderate to severe hidradenitis suppurativa.

I. Uveitis (non-infectious intermediate, posterior and panuveitis)

Authorization of 24 months may be granted for treatment of non-infectious intermediate, posterior and panuveitis.

III. CONTINUATION OF THERAPY

A. For ulcerative colitis:
Authorization of 24 months may be granted for all members (including new members) who meet all initial authorization criteria and achieve clinical remission by treatment day 56 (week 8) and maintain positive clinical response with Humira thereafter as evidenced by low disease activity or improvement in signs and symptoms of ulcerative colitis.

B. For all other indications:
Authorization of 24 months may be granted for all members (including new members) who meet all initial authorization criteria and achieve or maintain positive clinical response after at least 3 months of therapy with Humira as evidenced by low disease activity or improvement in signs and symptoms of the condition.

IV. OTHER

For all indications: Member has a pretreatment tuberculosis (TB) screening with a TB skin test or an interferon gamma release assay (e.g., QFT-GIT, T-SPOT.TB)

Note: Members who have received Humira or any other biologic DMARD or targeted synthetic DMARD (e.g., Xeljanz) are exempt from requirements related to TB screening in this Policy.

V. APPENDICES

Appendix A: Examples of Contraindications to Methotrexate
1. Alcoholism, alcoholic liver disease or other chronic liver disease
2. Breastfeeding
3. Blood dyscrasias (e.g., thrombocytopenia, leukopenia, significant anemia)
4. Elevated liver transaminases
5. History of intolerance or adverse event
6. Hypersensitivity
7. Interstitial pneumonitis or clinically significant pulmonary fibrosis
8. Myelodysplasia
9. Pregnancy or planning pregnancy (male or female)
10. Renal impairment
11. Significant drug interaction

Appendix B: Examples of Conventional Therapy Options for CD
1. Mild to moderate disease – induction of remission:
   a. Oral budesonide, oral mesalamine
   b. Alternatives: metronidazole, ciprofloxacin, rifaximin
2. Mild to moderate disease – maintenance of remission:
   a. Azathioprine, mercaptopurine
   b. Alternatives: oral budesonide, methotrexate intramuscularly (IM)
3. Moderate to severe disease – induction of remission:
   a. Prednisone, methylprednisolone intravenously (IV)
   b. Alternatives: methotrexate IM

4. Moderate to severe disease – maintenance of remission:
   a. Azathioprine, mercaptopurine
   b. Alternative: methotrexate IM
5. Perianal and fistulizing disease – induction of remission
   a. Metronidazole ± ciprofloxacin
6. Perianal and fistulizing disease – maintenance of remission
   a. Azathioprine, mercaptopurine
   b. Alternative: methotrexate IM

Appendix C: Examples of Conventional Therapy Options for UC

1. Mild to moderate disease – induction of remission:
   a. Oral mesalamine (e.g., Asacol, Asacol HD, Lialda, Pentasa), balsalazide, olsalazine
   b. Rectal mesalamine (e.g., Canasa, Rowasa)
   c. Rectal hydrocortisone (e.g., Colocort, Cortifoam)
   d. Alternatives: prednisone, azathioprine, mercaptopurine, sulfasalazine
2. Mild to moderate disease – maintenance of remission:
   a. Oral mesalamine, balsalazide, olsalazine, rectal mesalamine
   b. Alternatives: azathioprine, mercaptopurine, sulfasalazine
3. Severe disease – induction of remission:
   a. Prednisone, hydrocortisone IV, methylprednisolone IV
   b. Alternatives: cyclosporine IV, tacrolimus, sulfasalazine
4. Severe disease – maintenance of remission:
   a. Azathioprine, mercaptopurine
   b. Alternative: sulfasalazine
5. Pouchitis: Metronidazole, ciprofloxacin
   a. Alternative: rectal mesalamine

Appendix D: Examples of Clinical Reasons to Avoid Pharmacologic Treatment with Methotrexate, Cyclosporine or Acitretin.

1. Alcoholism, alcoholic liver disease or other chronic liver disease
2. Breastfeeding
3. Drug interaction
4. Cannot be used due to risk of treatment-related toxicity
5. Pregnancy or planning pregnancy (male or female)
6. Significant comorbidity prohibits use of systemic agents (examples include liver or kidney disease, blood dyscrasias, uncontrolled hypertension)

VI. REFERENCES

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