

# A CARF GUIDE: APPROACH TO STEP THERAPY

## WHAT IS STEP THERAPY? AKA "FAIL FIRST"



- Step therapy is an insurance policy that requires patients to try, and fail, treatments before stepping up their appropriate therapy

What does this mean for patients?

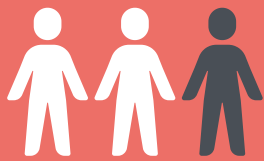
- Patients take on the largest burden with **prolonged treatment regimens** that they must go through in order to receive the appropriate medication. This includes:
  - **Higher costs** for patients on multiple medications
  - Burden of scheduling **multiple appointments**

What does this mean for physicians?

- This **impedes** physicians from prescribing their patients the best treatment options available

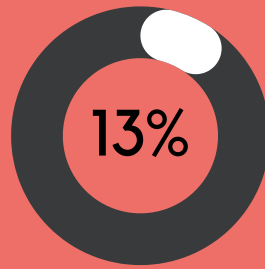
## CARF'S INITIATIVE TO END THIS POLICY

According to a 2021 survey conducted by CARF:



**1 in 3**

Patients reported dealing with medication prior authorization issues



Of Patients reported step therapy protocols had a direct effect on their timeline of beginning a physician recommended treatment

\*Study had 217 patient respondents who had scarring hair loss

Results: Concern amongst patients that they are not receiving appropriate medical therapies due to policies such as step therapy

## ADVOCACY AND ACTION

SAFE STEP ACT (H.R. 2163/S.464)

Goal: to maintain the physician's ability to make treatment decisions that will be of greatest benefit for their patients by:

- Establishing a clear exemption process with five exceptions to the "fail first" or step therapy approach
- Creating a 72-hr required deadline for group health plans to respond to exemption requests

CARF supports advocacy efforts of the American Academy of Dermatology for the Safe Step Act!

What can you do?

If you are a dermatologist, contact your national representative and ask them to support this legislation that **puts your patients first.**



**CARF** | SCARRING HAIR LOSS.ORG  
Cicatricial Alopecia Research Foundation

1586 Sumneytown Pike • PO Box 1322 • Kulpville, PA 19443 • 267.613.9811  
info@carfintl.org • www.carfintl.org