

**Drug Name:** Ambien and Ambien CR

**Common Use:** Treatment of insomnia

**Coverage Requirement:** A trial of one of the following generic medications prior to the use of brand-name Ambien or Ambien CR:

zaleplon (generic for Sonata)  
zolpidem (generic for Ambien)

**Coverage Rationale:** There is no clinical evidence that one medication in this class is more effective than another. Generic and preferred medications should be considered first.

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*If your doctor would like an exception to step therapy, he or she may request preauthorization by calling SelectHealth Pharmacy Services at **801-442-4912** (Salt Lake area) or **800-442-3129** weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 3:00 p.m.*