Clinical Policy: Apremilast (Otezla)

Reference Number: IL.ERX.SPA.164
Effective Date: 06.01.21
Last Review Date: 11.21
Line of Business: Illinois Medicaid

Revision Log

See Important Reminder at the end of this policy for important regulatory and legal information.

Description
Apremilast (Otezla®) is an inhibitor of phosphodiesterase 4 (PDE4).

FDA Approved Indication(s)
Otezla is indicated for the treatment of:
- Adult patients with active psoriatic arthritis (PsA)
- Patients with moderate to severe plaque psoriasis (PsO) who are candidates for phototherapy or systemic therapy
- Adult patients with oral ulcers associated with Behçet's disease (BD)

Policy/Criteria
Provider must submit documentation (such as office chart notes, lab results or other clinical information) supporting that member has met all approval criteria.

Health plan approved formularies should be reviewed for all coverage determinations. Requirements to use preferred alternative agents apply only when such requirements align with the health plan approved formulary.

It is the policy of health plans affiliated with Envolve Pharmacy Solutions™ that Otezla is **medically necessary** when the following criteria are met:

I. Initial Approval Criteria

A. Behçet's Disease (must meet all)**:**
1. Diagnosis of oral ulcers in members with BD;
2. Prescribed by or in consultation with a dermatologist or rheumatologist;
3. Age ≥ 18 years;
4. Failure of a topical corticosteroid (e.g., triamcinolone acetonide cream) at up to maximally indicated doses, unless contraindicated or clinically significant adverse effects are experienced;
5. Failure of an oral corticosteroid (e.g., prednisone) at up to maximally indicated doses, unless contraindicated or clinically significant adverse effects are experienced;
6. Failure of colchicine at up to maximally indicated doses, unless contraindicated or clinically significant adverse effects are experienced;
7. Dose does not exceed 60 mg (2 tablets) per day.

Approval duration: 6 months

B. Plaque Psoriasis (must meet all)**:**
1. Diagnosis of moderate-to-severe PsO as evidenced by involvement of one of the following (a or b):
   a. ≥ 3% of total body surface area;
   b. Hands, feet, scalp, face, or genital area;
2. Prescribed by or in consultation with a dermatologist or rheumatologist;
3. Age ≥ 18 years;
4. Member meets one of the following (a or b):
   a. Failure of a ≥ 3 consecutive month trial of methotrexate (MTX) at up to maximally indicated doses;

b. Member has intolerance or contraindication to MTX *(see Appendix D)*, and failure of a ≥ 3 consecutive month trial of cyclosporine at up to maximally indicated doses, unless clinically significant adverse effects are experienced or both are contraindicated;

5. Failure of at least TWO of the following, each used for ≥ 3 consecutive months, unless contraindicated or clinically significant adverse effects are experienced: Enbrel®, Humira®, Cimzia®;
   **Prior authorization is required for Enbrel, Humira, and Cimzia*
6. If request is for concomitant use with biologic disease-modifying anti-rheumatic drug (DMARD) therapy (e.g., Humira, Enbrel, Cimzia), member meets one of the following (a or b):
   a. Failure of a ≥ 3 consecutive month trial of MTX used in combination with the biologic DMARD at up to maximally indicated doses;
   b. Member has intolerance or contraindication to MTX (*see Appendix D*), and failure of a ≥ 3 consecutive month trial of cyclosporine or acitretin used in combination with the biologic DMARD at up to maximally indicated doses, unless clinically significant adverse effects are experienced or both are contraindicated;
7. Dose does not exceed 60 mg (2 tablets) per day.

Approval duration: 6 months

C. Psoriatic Arthritis (must meet all)**:**

1. Diagnosis of PsA;
2. Prescribed by or in consultation with a dermatologist or rheumatologist;
3. Age ≥ 18 years;
4. Failure of at least TWO of the following, each used for ≥ 3 consecutive months, unless contraindicated or clinically significant adverse effects are experienced: Enbrel, Humira, Cimzia, Xeljanz®/Xeljanz XR®;
   **Prior authorization may be required for Enbrel, Humira, Cimzia, and Xeljanz/Xeljanz XR*
5. If request is for concomitant use with biologic DMARD therapy (e.g., Humira, Enbrel, Cimzia), member meets one of the following (a or b):
   a. Failure of a ≥ 3 consecutive month trial of MTX used in combination with the biologic DMARD at up to maximally indicated doses;
   b. Member has intolerance or contraindication to MTX (*see Appendix D*), and failure of a ≥ 3 consecutive month trial of cyclosporine or acitretin used in combination with the biologic DMARD at up to maximally indicated doses, unless clinically significant adverse effects are experienced or both are contraindicated;
6. Dose does not exceed 60 mg (2 tablets) per day.

Approval duration: 6 months

D. Other diagnoses/indications

1. Refer to ERX.PA.01 if diagnosis is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized).

II. Continued Therapy

A. All Indications in Section I (must meet all)**:**

1. Currently receiving medication via a health plan affiliated with Envolve Pharmacy Solutions or member has previously met initial approval criteria;
2. Member is responding positively to therapy;
3. If request is for concomitant use with biologic DMARD therapy (e.g., Humira, Enbrel, Cimzia), member meets one of the following (a or b):
   a. Failure of a ≥ 3 consecutive month trial of MTX used in combination with the biologic DMARD at up to maximally indicated doses;
   b. Member has intolerance or contraindication to MTX (*see Appendix D*), and failure of a ≥ 3 consecutive month trial of cyclosporine or acitretin used in combination with the biologic DMARD at up to maximally indicated doses, unless clinically significant adverse effects are experienced or both are contraindicated;
4. If request is for a dose increase, new dose does not exceed 60 mg (2 tablets) per day.

Approval duration: 12 months

B. Other diagnoses/indications (must meet 1 or 2)**:**
1. Currently receiving medication via a health plan affiliated with Envolve Pharmacy Solutions and documentation supports positive response to therapy.
   Approval duration: Duration of request or 6 months (whichever is less); or
2. Refer to ERX.PA.01 if diagnosis is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized).

III. Diagnoses/Indications for which coverage is NOT authorized:

A. Non-FDA approved indications, which are not addressed in this policy, unless there is sufficient documentation of efficacy and safety according to the off-label use policy – ERX.PA.01 or evidence of coverage documents.

IV. Appendices/General Information

Appendix A: Abbreviation/Acronym Key

BD: Behçet's disease
DMARD: disease-modifying anti-rheumatic drug
FDA: Food and Drug Administration
MTX: methotrexate
PDE4: phosphodiesterase 4
PsO: plaque psoriasis
PsA: psoriatic arthritis

Appendix B: Therapeutic Alternatives
This table provides a listing of preferred alternative therapy recommended in the approval criteria. The drugs listed here may not be a formulary agent for all relevant lines of business and may require prior authorization.

Drug Name	Dosing Regimen	Dose Limit/ Maximum Dose
cyclosporine (Sandimmune®, Neoral®)	**PsO** 2.5 mg/kg/day PO divided BID	4 mg/kg/day
methotrexate (Rheumatrex®)	**PsO** 10 – 25 mg/week PO or 2.5 mg PO Q12 hr for 3 doses/week	30 mg/week
triamcinolone acetonide cream (Orabase® 0.1%)	**BD*** Apply topically to the isolated oral ulcer 3 to 4 times daily as needed for pain.	N/A
prednisone	**BD*** Initial dose: Week 1: 15 mg PO daily Week 2 onwards: 10 mg PO daily tapered over 2-3 weeks Maintenance dose (if recurrent): 5 mg PO daily	1 mg/kg/day
colchicine (Colcrys®)	**BD*** 1.2 to 1.8 mg PO daily	1.8 mg/day
Enbrel® (etanercept)	**PsA** 25 mg SC twice weekly or 50 mg SC once weekly **PsO** *Adults*: Initial dose: 50 mg SC twice weekly for 3 months Maintenance dose: 50 mg SC once weekly *Pediatrics*:	50 mg/week

Drug Name	Dosing Regimen	Dose Limit/ Maximum Dose
	• Weight < 63 kg: 0.8 mg/kg SC once weekly • Weight ≥ 63 kg: 50 mg SC once weekly	
Humira® (adalimumab)	**PsA** 40 mg SC every other week **PsO** Initial dose: 80 mg SC Maintenance dose: 40 mg SC every other week starting one week after initial dose	40 mg every other week
Cimzia® (certolizumab)	**PsA** Initial dose: 400 mg SC at 0, 2, and 4 weeks Maintenance dose: 200 mg SC every other week (or 400 mg SC every 4 weeks) **PsO** 400 mg SC every other week. For some patients (with body weight ≤ 90 kg), a dose of 400 mg SC at 0, 2 and 4 weeks, followed by 200 mg SC every other week may be considered.	400 mg every 4 weeks
Xeljanz® (tofacitinib immediate-release)	**PsA** 5 mg PO BID	10 mg/day
Xeljanz XR® (tofacitinib extended-release)	**PsA** 11 mg PO QD	11 mg/day

Therapeutic alternatives are listed as Brand name® (generic) when the drug is available by brand name only and generic (Brand name®) when the drug is available by both brand and generic.
**Off-label*

Appendix C: Contraindications/Boxed Warnings

- Contraindication(s): known hypersensitivity to apremilast or to any of the excipients in the formulation
- Boxed warning(s): none reported

Appendix D: General Information

- Definition of failure of MTX or DMARDs:
  - Child-bearing age is not considered a contraindication for use of MTX. Each drug has risks in pregnancy. An educated patient and family planning would allow use of MTX in patients who have no intention of immediate pregnancy.
  - Social use of alcohol is not considered a contraindication for use of MTX. MTX may only be contraindicated if patients choose to drink over 14 units of alcohol per week. However, excessive alcohol drinking can lead to worsening of the condition, so patients who are serious about clinical response to therapy should refrain from excessive alcohol consumption.
- PsA:
  - According to the 2018 American College of Rheumatology and National Psoriasis Foundation guidelines, TNF inhibitors or oral small molecules (e.g., methotrexate, sulfasalazine, cyclosporine, leflunomide, apremilast) are preferred over other biologics (e.g., interleukin-17 inhibitors or interleukin-12/23 inhibitors) for treatment-naïve disease. TNF inhibitors are also

generally recommended over oral small molecules as first-line therapy unless disease is not severe, member prefers oral agents, or TNF inhibitor therapy is contraindicated. In patients with inadequate response to oral small molecules, the guidelines recommend adding Otezla to the current oral small molecule therapy or switching to a biologic therapy. In patients with inadequate response to biologic monotherapy, the guidelines recommend switching to a different biologic agent over addition of MTX to the current biologic agent; there are no recommendations that address adding or switching to Otezla.
    - The 2019 European League Against Rheumatism guidelines recommend Otezla only in patients with mild disease who have inadequate response to a conventional DMARD and in whom neither biologic DMARDs nor targeted synthetic DMARDs (e.g., Janus kinase inhibitors) are appropriate
- PsO: The 2019 American Academy of Dermatology and National Psoriasis Foundation guidelines recommend the combination of a biologic therapy with MTX over combination of a biologic therapy with Otezla, noting that there are limited data and the long-term safety and efficacy of the latter combination is unknown.
- Otezla is the first and only FDA-approved treatment for oral ulcers associated with Behçet's disease. However, patients included in the pivotal study had prior treatment with at least one non-biologic Behçet's disease therapy, such as, but not limited to, topical corticosteroids, or systemic treatment.

V. Dosage and Administration

Indication	Dosing Regimen	Maximum Dose
PsO, PsA, BD	Initial dose: Day 1: 10 mg PO QAM Day 2: 10 mg PO QAM and 10 mg PO QPM Day 3: 10 mg PO QAM and 20 mg PO QPM Day 4: 20 mg PO QAM and 20 mg PO QPM Day 5: 20 mg PO QAM and 30 mg PO QPM Maintenance dose: Day 6 and thereafter: 30 mg PO BID	60 mg/day

VI. Product Availability

Tablets: 10 mg, 20 mg, 30 mg

VII. References

1. Otezla Prescribing Information. Summit, NJ: Celgene Corporation; June 2020. Available at http://www.otezla.com/. Accessed August 23, 2021.
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3. Gossec L, Smolen JS, Ramiro S, et al European League Against Rheumatism (EULAR) recommendations for the management of psoriatic arthritis with pharmacological therapies: 2015 update Annals of the Rheumatic Diseases Published Online First: 07 December 2015. doi: 10.1136/annrheumdis-2015-208337.
4. Singh JA, Guyatt G, Ogdie A, et al. 2018 American College of Rheumatology/National Psoriasis Foundation Guideline for the treatment of psoriatic arthritis. *American College of Rheumatology*. 2019; 71(1):5-32. doi: 10.1002/art.40726
5. Hatemi G, Mahr A, Takeno M, et al. Improvements and correlations in oral ulcers, disease activity, and QOL in behçet's syndrome patients treated with apremilast: a phase 3 randomized, double-blind, placebo-controlled study. Rheumatology, Volume 58, Issue Supplement_2, March 2019, kez062.023, https://doi.org/10.1093/rheumatology/kez062.02
6. Hatemi G, Christensen R, Bang D, et al. 2018 update of the EULAR recommendations for the management of Behçet's syndrome. *Annals of the Rheumatic Diseases.* 2018;77:808-818.

7. Menter A, Strober BE, Kaplan DH, et al. Joint AAD-NPF guidelines of care for the management and treatment of psoriasis with biologics. *J Am Acad Dermatol*. 2019;80:1029-72. doi:10.1016/j.aad.201811.057.

Reviews, Revisions, and Approvals	Date	P&T Approval Date
Policy created	04.20.21	05.21
Added requirement of concomitant treatment with MTX and bDMARD if request is for concomitant treatment with Otezla and bDMARD.	08.23.21	11.21

Important Reminder
This clinical policy has been developed by appropriately experienced and licensed health care professionals based on a review and consideration of currently available generally accepted standards of medical practice; peer-reviewed medical literature; government agency/program approval status; evidence-based guidelines and positions of leading national health professional organizations; views of physicians practicing in relevant clinical areas affected by this clinical policy; and other available clinical information.

This Clinical Policy is not intended to dictate to providers how to practice medicine, nor does it constitute a contract or guarantee regarding payment or results. Providers are expected to exercise professional medical judgment in providing the most appropriate care, and are solely responsible for the medical advice and treatment of members.