



AETNA BETTER HEALTH®
Coverage Policy/Guideline

Name: Zurzuvae (zuranolone)

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Effective Date: 4/19/2024

Last Review Date: 03/26/2024

Applies to:	<input checked="" type="checkbox"/> Illinois	<input type="checkbox"/> Florida	<input type="checkbox"/> New Jersey
	<input type="checkbox"/> Maryland	<input checked="" type="checkbox"/> Florida Kids	<input checked="" type="checkbox"/> Pennsylvania Kids
	<input type="checkbox"/> Michigan	<input checked="" type="checkbox"/> Virginia	<input type="checkbox"/> Kentucky PRMD

Intent:

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

Description:

FDA-Approved Indication

Zurzuvae is indicated for the treatment of postpartum depression (PPD) in adults.

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

Applicable Drug List:

Zurzuvae

Policy/Guideline:

Criteria for Initial Approval

Post-partum depression (PPD)

Authorization may be granted for treatment of post-partum depression in adults when ALL of the following criteria are met:

- A. Member has moderate to severe post-partum depression and had a major depressive episode with onset of symptoms that began no earlier than the third trimester of pregnancy and no later than the first 4 weeks following delivery, documented by standardized rating scales that reliably measure depressive symptoms (e.g., Beck Depression Inventory [BDI], Hamilton Depression Rating Scale [HDRS], Montgomery-Asberg Depression Rating Scale [MADRS], etc.).
- B. Member is 12 months postpartum or less.
- C. Member will not receive more than one 14-day treatment course per pregnancy / childbirth.

Approval Duration and Quantity Restrictions:

Approval Duration: One Month

Quantity Level Limit:



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Medication	Standard Limit	FDA-recommended dosing
Zurzuvae (zuranolone) 20 mg capsules	28 capsules per 14 days	Recommended dosage: 50 mg once daily for 14 days. Reduce dosage to 40 mg once daily if patient experiences CNS depressant effects. Reduce dosage to 30 mg once daily for the following scenarios: <ul style="list-style-type: none">• Concomitant use with a strong CYP3A4 inhibitor• Hepatic or renal impairment

References:

1. Zurzuvae [package insert]. Cambridge, MA: Sage Therapeutics, Inc.; August 2023.