Introductions

Migraine is a debilitating disease, with severe headaches. Some people have other symptoms like seeing auras, experiencing nausea or vomiting, and suffering an inability to tolerate bright light or loud noises. About one in eight Americans has migraines. It’s the seventh most disabling disease worldwide. Women are twice as likely as men to suffer from migraine.

Some people have just a few headaches a month. These may be treated with pills like ibuprofen or prescription medications. These treatments stop the headaches after they’ve started. However, if people take too much of the headache-stopping medications, over time they may end up with more headaches. This is a poor long-term strategy. It’s estimated that more than 40% of migraine patients have unmet needs. These include experiencing disability during a migraine attack, not being happy with existing treatments, or overusing habit-forming medications. Newer types of migraine-preventing drugs have been developed to address these unmet needs. This policy describes when these types of drugs may be considered medically necessary.

Note: The Introduction section is for your general knowledge and is not to be taken as policy coverage criteria. The rest of the policy uses specific words and concepts familiar to medical professionals. It is intended for providers. A provider can be a person, such as a doctor, nurse, psychologist, or dentist. A provider also can be a place where medical care is given, like a hospital, clinic, or lab. This policy informs them about when a service may be covered.
## Policy Coverage Criteria

<table>
<thead>
<tr>
<th>Drug</th>
<th>Medical Necessity</th>
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| Aimovig™ (erenumab)   | Aimovig™ (erenumab) may be considered medically necessary in patients with an average of more than 4 migraine days per month who have:  
  • Failed at least three preventive migraine therapies  
  AND  
  • Are receiving a maximum monthly supply of abortive migraine treatments. |

## Length of Approval

<table>
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<th>Approval</th>
<th>Criteria</th>
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| Initial Approval     | Initial approval for three months requires all of the following:                                    
  • Failure to achieve control during adequate trials of at least three prophylactic medications (at least two months on each therapy)  
  AND  
  • Receiving maximum doses of a triptan abortive therapy, unless contraindicated |
| Reauthorization      | Continued therapy will be approved for periods of one year as long as the patient has shown and continues to show a sustained reduction in headache frequency compared to baseline prior to initiation of treatment with erenumab. |
| Required Documentation| Chart notes describing patient’s diagnosis and progress including headache frequency; medication history, if not documented by our prescription claims record. |

## Coding

N/A
**Related Information**

**Benefit Application**

Aimovig™ (erenumab) is covered under pharmacy benefits.

**Evidence Review**

**Description**

**Medical Condition**

Migraine is a debilitating neurologic disorder, characterized by severe headache that can be accompanied by aura and additional symptoms such as nausea, vomiting, photosensitivity, phonophobia, visual disturbance, and tingling in the hands and feet. Migraine affects 12-16% of the US population and is the seventh most disabling disease worldwide. It disproportionately affects females, with females 2-2.5 times more likely to suffer from migraine.

The frequency of migraine attacks a patient experiences guides migraine treatment approach. Low frequency of attacks (1-3 migraines per month) can be treated with abortive therapy, such as triptans, NSAIDs, and other analgesics. However, sufferers of episodic migraine, with 4-14 migraine days per month, and chronic migraine, with >15 headache days per month (8 of which are migraine), should receive preventative migraine therapy. Individual patient response to migraine therapy is highly variable, with over 23 genes purported to being linked to the neuronal and vascular pathophysiology of migraine, and effective migraine treatment options to date are limited.

As few therapies are effective in preventing migraine, drug tolerance and subsequent overuse of abortive therapies is common and carry the risk of causing rebound headaches. Thus, these are not a viable long-term treatment option. Over 40% of patients with migraines have unmet needs, including disability, treatment dissatisfaction, and opioid/barbiturate overuse or dependence. Thus, new treatments, both for prophylaxis and acute therapy, are eagerly awaited to help alleviate the burden of migraine-related disability.
Migraine has a significant economic and social impact in the U.S. During a migraine attack, sufferers of migraine are often bedridden and have severe impairment to their ability to function.

Migraineurs frequently isolate themselves in a quiet, dark area and can lose several days of productivity while experiencing substantial pain. This, in turn, can lead to further comorbid conditions—most commonly depression—which contribute to the economic burden as well. The economic impact on both employers due to loss of productivity and the healthcare systems due to utilization, are estimated to be over 13 billion dollars.

**Treatment Alternatives**

Migraine treatment consists of two pillars: abortive treatment for acute migraine attacks and prophylactic treatment. While there are many numerous medications indicated for use in chronic and episodic migraine prophylaxis, there are currently no reliable treatments for the prevention of migraine, as all are drugs designed for targets other than migraine. Medications approved for the prevention of chronic and episodic migraine include beta-blockers, antiepileptic drugs, and antidepressants. The most commonly used medications are propranolol, topiramate and amitriptyline. Due to low efficacy in migraine prevention and the side effect profile, adherence is poor, with about 26% of patients at 6 months and 17% of patients at 12 months continuing these drugs.

Triptans, via inhibition of 5-hydroxytriptamine receptors in the intracranial vasculature, are effective for treating acute migraine, and can be used to prevent progression if administered in the early stage of migraine. However, tolerance to these medications occurs quickly and overuse contributes to headache exacerbation. Triptan quantity limits are typically set to accommodate treatment of three migraine days per month. NSAIDs and ergotamines can also be used as abortive therapies, though as with triptans, rebound headaches from overuse can occur with these as well.

Based on the data published from the PREEMPT trials I and II in 2011, onabotulinumtoxinA (Botox) was approved for use in chronic migraine despite numerous studies conducted previously failed to show a statistically significant difference between Botox™ and placebo in reduction of migraine days. Since, incobotulinumtoxinA (Xeomin™) and abobotulinumtoxinA (Dysport™) have been approved for the treatment of CM, however, failure to respond and development of antibodies to the botulinum toxin, in addition to the specialized administration these injections require, prevent these drugs from being a viable migraine prevention treatment for many patients.
**Aimovig™ (erenumab)**

Aimovig™ (erenumab) is a fully human monoclonal antibody that targets the CGRP receptor through competitive, reversible inhibition. Erenumab binds the CGRP receptor with high specificity and potency, blocking the action of CGRP and prevent vasodilation.

**Fremanezumab**

Fremanezumab is a humanized monoclonal antibody that targets the CGRP receptor through competitive, reversible inhibition. Like Erenumab, fremanezumab binds the CGRP receptor with high specificity and potency, blocking the action of CGRP and prevent vasodilation.

**Rationale**

**Efficacy/Effectiveness**

Aimovig™ (erenumab) is a fully human monoclonal antibody that targets the calcitonin-gene-related peptide receptor to prevent both episodic and chronic migraine. Evidence for efficacy of erenumab in the prevention of episodic migraine was evaluated in STRIVE, a Phase III, randomized controlled trial (RCT), which included 955 patients with history of episodic migraine; STRIVE observed a reduction of 3.2 and 3.7 migraine days per month for patients treated with erenumab 70 mg and erenumab 140 mg, respectively, compared to a 1.8 migraine day per month reduction in the placebo group.

Evidence for efficacy of erenumab in the treatment of chronic migraine was evaluated in a Phase II randomized controlled trial (RCT), which included 656 patients with history of chronic migraine and observed a mean reduction in mean monthly migraine days (MMMD) of 6.6 days in patients treated with erenumab 70mg, 6.6 days in patients treated with erenumab 140mg, and 4.2 days in placebo group10.

Though no studies yet show the long-term efficacy and durability of treatment with CGRP monoclonal antibodies beyond one year, efficacy has been demonstrated in patients treated with erenumab 70 mg and erenumab 140 mg every 4 weeks for 6 months. Additionally, an ongoing open-label extension has evaluated the efficacy of erenumab 70 mg every 4 weeks at one year.
In STRIVE, 50% of patients receiving erenumab 140 mg and 43.3% of patients receiving erenumab 70 mg were able to achieve >50% reduction in MMMD. In the OLE, patients were able to reduce MMMD from 8.8 days at baseline, to 6.3 days at the end of the 12-week double-blind period, to 3.7 days at the one-year interim analysis. Due to this level of efficacy at one year, erenumab is likely to significantly improve the quality of life for patients within the episodic migraine population.

Fremanezumab is a humanized IgG2a monoclonal antibody that selectively binds both α and β isoforms of the calcitonin gene-related peptide (CGRP). Evidence for efficacy of fremanezumab in the prevention of chronic migraine was evaluated in HALO CM, a phase III, randomized controlled trial (RCT), which included 1130 patients with chronic migraine. HALO CM observed a reduction of 4.9 and 5.0 headaches days per month for patients treated with fremanezumab 675 mg quarterly and fremanezumab 675 mg followed by a monthly fremanezumab dose of 225 mg, respectively, compared to a reduction of 3.2 headache days per month in the placebo group. Thirty-eight percent of patients in the fremanezumab quarterly group and 41% of patients in the fremanezumab monthly group attained at least 50% reduction in the average number of headache days per month, compared to 18% of patients in the placebo group.

Evidence for efficacy of fremanezumab in the treatment of high-frequency episodic migraine was evaluated in a phase II randomized controlled trial (RCT), which included 297 patients with at most 14 headache days but at least 8 migraine days per month. The observed mean reduction in mean monthly migraine days (MMMD) from baseline to weeks 9 – 12 was 6.27 days in patients treated with fremanezumab 225mg monthly and 6.09 days in patients treated with fremanezumab 675 mg monthly, compared to 3.46 days in placebo group.

Further evidence for efficacy of fremanezumab in the treatment of episodic migraine is being evaluated the phase III HALO EM trial but the results have not been published in any peer-reviewed journal.

There is no published study evaluating long-term efficacy and safety of fremanezumab. The ongoing phase III FOCUS trial will evaluate the efficacy and safety as a migraine prophylaxis up to 24 weeks (with the last 12 weeks as open label). Another ongoing phase III trial in patients with cluster headaches may shed light on adverse events with longer use up to 36 weeks.

**Safety/Tolerability**

The overall safety profile of erenumab was similar to that of placebo in clinical trials. The 28 week open-label continuation study with STRIVE patients is still underway, results from which will be required to assess long term safety of erenumab. In the interim analysis of the OLE from
phase II trial, 13.1% of patients developed drug-binding antibodies, and 2.4% developed drug-neutralizing antibodies; this lead to a transient response in a total of 37 patients.

A larger portion of patients treated with fremanezumab had a treatment-related adverse event than those in the placebo group. However, the most common adverse events were injection-site reactions (pain, induration, and erythema), which should not have any significant impact on the safety of the product.

References


26. Policy was reviewed by a board certified practicing neurologist with specialty in headache management. Approved by the independent P&T Committee May 30, 2018.

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**History**

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<tr>
<th>Date</th>
<th>Comments</th>
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<tbody>
<tr>
<td>06/01/18</td>
<td>New policy, approved May 17, 2018. Add to Prescription Drug section. Aimovig™ (erenumab) may be considered medically necessary in patients with an average of more than 4 migraine days per month who have failed at least three preventive migraine therapies and are receiving a maximum monthly supply of abortive migraine</td>
</tr>
</tbody>
</table>
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**Scope:** Medical policies are systematically developed guidelines that serve as a resource for Company staff when determining coverage for specific medical procedures, drugs or devices. Coverage for medical services is subject to the limits and conditions of the member benefit plan. Members and their providers should consult the member benefit booklet or contact a customer service representative to determine whether there are any benefit limitations applicable to this service or supply. This medical policy does not apply to Medicare Advantage.
Discrimination Is Against the Law

Premera Blue Cross complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Premera does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Premera:
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  Toll free 855-332-4535, Fax 425-918-5992. TTY 800-842-5357
  Email AppealsDepartmentInquiries@Premera.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:
- U.S. Department of Health and Human Services
  200 Independence Avenue SW, Room S09F, HHH Building
  Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD)

Getting Help in Other Languages

This Notice Has Important Information. This notice may have important information about your application or coverage through Premera Blue Cross. There may be key dates in this notice. You may need to take action by certain deadlines to keep your health coverage or help with costs. You have the right to get this information and help in your language at no cost.

Call 800-722-1471 (TTY: 800-842-5357).

Arabic (Arabic):

يوجد هذا الإشعار معلومات هامة. قد يحتوي هذا الإشعار معلومات مهمة ينصح طبي أو معلوماتية تتعلق بالحصول عليه من خلال Premera Blue Cross. قد تكون هناك بريد إلكتروني أو عبر الهاتف لتقديم المساعدة في ذلك الكشف. يرجى الحصول على هذه المعلومات والمساعدة بناءً على تفاهمك أولاً. إتصل بـ 800-722-1471 (TTY: 800-842-5357).

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本通知有重要的訊息。本通知可能有關於您透過 Premera Blue Cross 提交的申請或保單的重要訊息。本通知可能有重要的日期。您可能需要在截止日期之前採取行動，以保留您的健康保險或費用補貼。如有權利免費以您的母語得到本訊息和幫助。請撥電話 800-722-1471 (TTY: 800-842-5357).

Oromo (Cushite):


Français (French):


Kreyòl ayisyen (Creole):


Deutsche (German):


Hmoob (Hmong):


Iloko (Ilocano):

Daytoy a Pakdaa ket naglaon iti Napateg nga Impormasion. Daytoy a pakdaa mabalbin nga adda ket naglaon iti napateg nga impormasion maijapangg ipi aplikasyonno wey coverage babaen iti Premera Blue Cross. Daytoy ket mabalbin dagiti importante a pelsa iti daytoy a pakdaa. Mabalbin nga adda rumbang nga aramideny nga addang sakbay dagiti pabikular nga naituding nga aldaw tapno mapagtalainedyo ti coverage tayi salun-ayno wey tulong kadagiti gastos. Adda karbanyengo a manang a daytoy nga impormasion ken tulong iti bukodyo a pagasasao nga awan ti bayadanyo. Tumawgti numero nga 800-722-1471 (TTY: 800-842-5357).

Italiano (Italian):

Premera Blue Cross – contains important information about your coverage and the steps you may need to take.

Please call 800-722-1471 (TTY: 800-842-5357) for more information or to report a change in your health care provider or employer.

If you do not hear from Premera Blue Cross within 30 days after you report a change, please call 800-722-1471 (TTY: 800-842-5357).

Additional information about Premera Blue Cross and how to obtain a copy of your health insurance policy is available on its website at www.premerablue.com or by calling 800-722-1471 (TTY: 800-842-5357).

If you have questions about your health care provider or employer, please contact them directly.

For more information, call 800-722-1471 (TTY: 800-842-5357) or visit www.premerablue.com.

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(French) Cette notification peut contenir des informations importantes sur vos droits à la couverture médicale ou à l'aide aux coûts. Si vous avez des questions, appelez le 800-722-1471 (TTY: 800-842-5357).

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(Hungarian) Ez az újságítás fontos információkat tartalmaz a tehetőségekre és költségekre vonatkozóan. Kérjük, ellenőrizze az 800-722-1471 (TTY: 800-842-5357) számon.

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