Drug Coverage Policy

Effective Date……06/01/2026
Coverage Policy Number……IP0682
Policy Title……Rinvoq/Rinvoq LQ Prior Authorization Policy

Inflammatory Conditions – Rinvoq/Rinvoq LQ Prior Authorization Policy

- Rinvoq® (upadacitinib extended-release tablets – AbbVie)
- Rinvoq® LQ (upadacitinib oral solution – AbbVie)

INSTRUCTIONS FOR USE
The following Coverage Policy applies to health benefit plans administered by Cigna Companies. Certain Cigna Companies and/or lines of business only provide utilization review services to clients and do not make coverage determinations. References to standard benefit plan language and coverage determinations do not apply to those clients. Coverage Policies are intended to provide guidance in interpreting certain standard benefit plans administered by Cigna Companies. Please note, the terms of a customer's particular benefit plan document [Group Service Agreement, Evidence of Coverage, Certificate of Coverage, Summary Plan Description (SPD) or similar plan document] may differ significantly from the standard benefit plans upon which these Coverage Policies are based. For example, a customer's benefit plan document may contain a specific exclusion related to a topic addressed in a Coverage Policy. In the event of a conflict, a customer's benefit plan document always supersedes the information in the Coverage Policies. In the absence of a controlling federal or state coverage mandate, benefits are ultimately determined by the terms of the applicable benefit plan document. Coverage determinations in each specific instance require consideration of 1) the terms of the applicable benefit plan document in effect on the date of service; 2) any applicable laws/regulations; 3) any relevant collateral source materials including Coverage Policies and; 4) the specific facts of the particular situation. Each coverage request should be reviewed on its own merits. Medical directors are expected to exercise clinical judgment where appropriate and have discretion in making individual coverage determinations. Where coverage for care or services does not depend on specific circumstances, reimbursement will only be provided if a requested service(s) is submitted in accordance with the relevant criteria outlined in the applicable Coverage Policy, including covered diagnosis and/or procedure code(s). Reimbursement is not allowed for services when billed for conditions or diagnoses that are not covered under this Coverage Policy (see "Coding Information" below). When billing, providers must use the most appropriate codes as of the effective date of the submission. Claims submitted for services that are not accompanied by covered code(s) under the applicable Coverage Policy will be denied as not covered. Coverage Policies relate exclusively to the administration of health benefit plans. Coverage Policies are not recommendations for treatment and should never be used as treatment guidelines. In certain markets, delegated vendor guidelines may be used to support medical necessity and other coverage determinations.

OVERVIEW

Rinvoq, a Janus kinase inhibitor (JAKi), is indicated for the following uses:[1]

- **Ankylosing spondylitis**, for treatment of active disease in adults who have had an inadequate response or intolerance to one or more tumor necrosis factor inhibitors (TNFis).
- **Atopic dermatitis**, for treatment of refractory, moderate to severe atopic dermatitis in patients ≥ 12 years of age, whose disease is not adequately controlled with other systemic drug products (including biologics) or when those therapies are not advisable.
- **Crohn's disease**, for treatment of moderately to severely active disease in adults who have had an inadequate response or intolerance to one or more TNFis. If TNFis are clinically inadvisable, patients should have received at least one approved systemic therapy prior to use of Rinvoq.
- **Giant cell arteritis**, in adults.
- **Non-radiographic axial spondyloarthritis**, in adults with objective signs of inflammation who have had an inadequate response or intolerance to one or more TNFis.
- **Polyarticular juvenile idiopathic arthritis (JIA)**, in patients ≥ 2 years of age with active disease who have had an inadequate response or intolerance to one or more TNFis.
- **Psoriatic arthritis**, for treatment of active disease in patients ≥ 2 years of age who have had an inadequate response or intolerance to one or more TNFis.
- **Rheumatoid arthritis**, for treatment of moderately to severely active disease in adults who have had an inadequate response or intolerance to one or more TNFis.
- **Ulcerative colitis**, for treatment of moderately to severely active disease in adults who have had an inadequate response or intolerance to one or more TNFis. If TNFis are clinically inadvisable, patients should have received at least one approved systemic therapy prior to use of Rinvoq.

Rinvoq LQ oral solution is only indicated for use in **polyarticular JIA** and **psoriatic arthritis in patients 2 to < 18 years of age**.[1] Rinvoq LQ oral solution is not substitutable with Rinvoq extended-release tablets.

For all indications, Rinvoq/Rinvoq LQ is not recommended for use in combination with other JAKis, biologics, or potent immunosuppressants such as azathioprine or cyclosporine.[1]

Guidelines

Guidelines are available for treatment of inflammatory conditions:

- **Ankylosing Spondylitis and Non-Radiographic Axial Spondyloarthritis:** Current guidelines do not address Rinvoq. Guidelines from the American College of Rheumatology (ACR)/Spondylitis Association of America/Spondyloarthritis Research and Treatment Network (2019) recommend a TNFi as the initial biologic.[2] In those who are secondary non-responders to a TNFi, a second TNFi is recommended over switching out of the class. Both TNFis and interleukin (IL)-17 blockers are recommended over Xeljanz®/Xeljanz® XR (tofacitinib tablets/tofacitinib extended-release tablets).
- **Atopic Dermatitis:** Guidelines for the care and management of atopic dermatitis from the American Academy of Dermatology (2023) and the American Academy of Allergy, Asthma and Immunology (2023) have been updated to address Rinvoq.[3,4] Systemic therapies are recommended in patients with moderate to severe or widespread disease, in those with impaired quality of life, and those whose atopic dermatitis is refractory to topical therapies. Biologic agents, such as Dupixent® (dupilumab subcutaneous injection) or Adbry® (tralokinumab-ldrm subcutaneous injection), are recommended as initial systemic treatment due to their favorable efficacy and safety profiles compared to traditional systemic therapies (e.g., azathioprine, cyclosporine, methotrexate, mycophenolate mofetil). Rinvoq may be considered in adults refractory or intolerant to Dupixent or Adbry.
- **Crohn's Disease:** The American College of Gastroenterology (ACG) [2025] and the American Gastroenterological Association (AGA) [2025] have guidelines for the

management of Crohn's in adults.[5,6] Both guidelines recommend upfront use of advanced therapies, rather than step-up therapy after failure of corticosteroids and/or immunomodulators. Advanced therapies recommended include TNF inhibitors, Entyvio® (vedolizumab intravenous [IV] infusion, subcutaneous [SC] injection), interleukin (IL)-23 inhibitors, IL-12/23 inhibitors, and Rinvoq.

- **Giant Cell Arteritis:** Current guidelines do not address Rinvoq. The ACR/Vasculitis Foundation (2021) conditionally recommend initiating treatment with high dose corticosteroids.[12] Once inflammation is controlled, the corticosteroid dose is gradually reduced with the goal of establishing a maintenance dose that controls disease activity while minimizing adverse effects. Glucocorticoid-sparing agents, such as tocilizumab or methotrexate, may be added to the treatment regimen to reduce the amount of corticosteroids needed.
- **JIA:** Rinvoq is not addressed in ACR/Arthritis Foundation guidelines for the treatment of JIA (2019) specific to juvenile non-systemic polyarthritis, sacroiliitis, and enthesitis.[11] TNFis are the biologics recommended for polyarthritis, sacroiliitis, and enthesitis. Actemra® (tocilizumab intravenous infusion, tocilizumab subcutaneous injection) and Orencia® (abatacept intravenous infusion, abatacept subcutaneous injection) are also among the biologics recommended for polyarthritis. Biologics are recommended following other therapies (e.g., following synthetic disease-modifying antirheumatic drugs [DMARDs] for active polyarthritis or following a nonsteroidal anti-inflammatory drug for active JIA with sacroiliitis or enthesitis). However, there are situations where initial therapy with a biologic may be preferred over other conventional therapies (e.g., if there is involvement of high-risk joints such as the cervical spine, wrist, or hip; high disease activity; and/or those judged to be at high risk of disabling joint damage).
- **Psoriatic Arthritis:** Current guidelines do not address Rinvoq. Guidelines from ACR (2018) recommend TNFis over other biologics and Xeljanz for use in treatment-naïve patients with psoriatic arthritis and in those who were previously treated with an oral therapy.[7]
- **Rheumatoid Arthritis:** Guidelines from ACR (2021) recommend addition of a biologic or a targeted synthetic DMARD for a patient taking the maximum tolerated dose of methotrexate who is not at target.[8]
- **Ulcerative colitis:** The AGA (2024)[9] and ACG (2019)[10] have clinical practice guidelines on the management of moderate to severe ulcerative colitis in adults. AGA recognizes all of the FDA-approved advanced therapies as potential options for adults with moderate to severe ulcerative colitis.[9] Advanced therapies include the biologics and targeted synthetic small molecule drugs. In general, the AGA recommends starting with advanced therapies and/or immunomodulators. Immunomodulators are recommended in the setting of maintenance of clinical remission induced by corticosteroids. The ACG recommends TNF inhibitors, Entyvio, Stelara® (ustekinumab IV infusion, SC injection), or Xeljanz®/Xeljanz® XR (tofacitinib tablets, tofacitinib extended-release tablets) for induction treatment of moderate to severe disease.[10] The guidelines also recommend that any drug that effectively treats induction should be continued for maintenance.

Coverage Policy

Policy Statement

Prior Authorization is required for benefit coverage of Rinvoq/Rinvoq LQ. All approvals are provided for the duration noted below. In cases where the approval is authorized in months, 1 month is equal to 30 days. Because of the specialized skills required for evaluation and diagnosis of patients treated with Rinvoq/Rinvoq LQ as well as the monitoring required for adverse events and long-term efficacy, initial approval requires Rinvoq/Rinvoq LQ to be prescribed by or in consultation with a physician who specializes in the condition being treated.

Documentation: Documentation is required for use of Rinvoq as noted in the criteria as **[documentation required]**. Documentation may include, but is not limited to, chart notes, prescription claims records, prescription receipts, and/or other information. All documentation must include patient-specific identifying information.

NOTE: This product also requires the use of preferred products before approval of the requested product. Refer to the respective *Inflammatory Conditions Preferred Specialty Management Policy for Employer Plans: Standard/Performance, Value/Advantage, Total Savings Prescription Drug Lists (PSM001), Individual and Family Plans (PSM002), or Legacy Prescription Drug Lists (PSM017)* for additional preferred product criteria requirements and exceptions.

Rinvoq/Rinvoq LQ are considered medically necessary when ONE of the following is met (1, 2, 3, 4, 5, 6, 7, 8, or 9):

FDA-Approved Indications

1. **Ankylosing Spondylitis.** Approve Rinvoq extended-release tablets (not Rinvoq LQ oral solution) for the duration noted if the patient meets ONE of the following (A or B):
   - **A)** Initial Therapy. Approve for 6 months if the patient meets ALL of the following (i, ii, and iii):
     - **i.** Patient is ≥ 18 years of age; AND
     - **ii.** Patient meets ONE of the following (a or b):
       - **a)** Patient has had a 3-month trial of at least ONE tumor necrosis factor inhibitor; OR
       - **b)** Patient has tried at least one tumor necrosis factor inhibitor but was unable to tolerate a 3-month trial; AND
         Note: Refer to Appendix for examples of tumor necrosis factor inhibitors used for rheumatoid arthritis. Conventional synthetic disease-modifying antirheumatic drugs (DMARDs) such as methotrexate, leflunomide, hydroxychloroquine, and sulfasalazine do not count.
     - **iii.** The medication is prescribed by or in consultation with a rheumatologist; OR
   - **B)** Patient is Currently Receiving Rinvoq extended-release tablets. Approve for 1 year if the patient meets BOTH of the following (i and ii):
     - **i.** Patient has been established on therapy for at least 6 months; AND
       Note: A patient who has received < 6 months of therapy or who is restarting therapy is reviewed under criterion A (Initial Therapy).
     - **ii.** Patient meets at least ONE of the following (a or b):
       - **a)** When assessed by at least one objective measure, patient experienced a beneficial clinical response from baseline (prior to initiating Rinvoq); OR
         Note: Examples of objective measures include Ankylosing Spondylitis Disease Activity Score (ASDAS), Ankylosing Spondylitis Quality of Life Scale (ASQoL), Bath Ankylosing Spondylitis Disease Activity Index (BASDAI), Bath Ankylosing Spondylitis Functional Index (BASFI), Bath Ankylosing Spondylitis Global Score (BAS-G), Bath Ankylosing Spondylitis Metrology Index (BASMI), Dougados Functional Index (DFI), Health Assessment Questionnaire for the Spondylarthropathies (HAQ-S), and/or serum markers (e.g., C-reactive protein, erythrocyte sedimentation rate).
       - **b)** Compared with baseline (prior to initiating Rinvoq), patient experienced an improvement in at least one symptom, such as decreased pain or stiffness, or improvement in function or activities of daily living.

2. **Atopic Dermatitis.** Approve Rinvoq extended-release tablets (not Rinvoq LQ oral solution) for the duration noted if the patient meets ONE of the following (A or B):
   A) Initial Therapy. Approve for 3 months if the patient meets ALL of the following (i, ii, and iii):
      i. Patient is ≥ 12 years of age; AND
      ii. Patient meets ONE of the following (a or b):
         a) Patient has had a 4-month trial of at least ONE systemic therapy; OR
         b) Patient has tried at least ONE systemic therapy but was unable to tolerate a 4-month trial; AND
         Note: Examples of systemic therapies include Dupixent (dupilumab subcutaneous injection), Ebglyss (lebrikizumab-lbkz subcutaneous injection), Nemluvio (nemolizumab-ilto subcutaneous injection), and Adbry (tralokinumab-ldrm subcutaneous injection). Methotrexate, azathioprine, cyclosporine, or mycophenolate mofetil also count towards trial of a systemic therapy.
      iii. The medication is prescribed by or in consultation with an allergist, immunologist, or dermatologist; OR
   B) Patient is Currently Receiving Rinvoq extended-release tablets. Approve for 1 year if the patient meets ALL of the following (i, ii, and iii):
      i. Patient has been established on therapy for at least 90 days; AND
      Note: A patient who has received < 90 days of therapy or who is restarting therapy with Rinvoq is reviewed under criterion A (Initial Therapy).
      ii. Patient experienced a beneficial clinical response, defined as improvement from baseline (prior to initiating Rinvoq) in at least one of the following: estimated body surface area affected, erythema, induration/papulation/edema, excoriations, lichenification, and/or a decreased requirement for other topical or systemic therapies for atopic dermatitis; AND
      iii. Compared with baseline (prior to receiving Rinvoq), patient experienced an improvement in at least one symptom, such as decreased itching.

3. **Crohn's Disease.** Approve Rinvoq extended-release tablets (not Rinvoq LQ oral solution) for the duration noted if the patient meets ONE of the following (A or B):
   A) Initial Therapy. Approve for 6 months if the patient meets ALL of the following (i, ii, and iii):
      i. Patient is ≥ 18 years of age; AND
      ii. Patient meets ONE of the following (a, b, or c):
         a) Patient has had a 3-month trial of at least ONE tumor necrosis factor inhibitor; OR
         b) Patient has tried at least one tumor necrosis factor inhibitor but was unable to tolerate a 3-month trial; or
         Note: Refer to Appendix for examples of tumor necrosis factor inhibitors used for Crohn's disease.
         c) Patient meets BOTH of the following ([1] and [2]):
            1) According to the prescriber, a tumor necrosis factor inhibitor is not clinically advisable **[documentation required]**; AND
            2) The patient has had a 3-month trial of at least one other advanced therapy, unless intolerant **[documentation required]**; AND
            Note: Advanced therapies include biologics and targeted synthetic oral small molecule drugs. Refer to Appendix for examples of advanced therapies used for Crohn's disease.
      iii. The medication is prescribed by or in consultation with a gastroenterologist; OR
   B) Patient is Currently Receiving Rinvoq extended-release tablets. Approve for 1 year if the patient meets BOTH of the following (i and ii):
      i. Patient has been established on therapy for at least 6 months; AND

Note: A patient who has received < 6 months of therapy or who is restarting therapy with Rinvoq is reviewed under criterion A (Initial Therapy).

ii. Patient meets at least ONE of the following (a or b):

a) When assessed by at least one objective measure, patient experienced a beneficial clinical response from baseline (prior to initiating Rinvoq); OR
Note: Examples of objective measures include fecal markers (e.g., fecal lactoferrin, fecal calprotectin), serum markers (e.g., C-reactive protein), imaging studies (magnetic resonance enterography [MRE], computed tomography enterography [CTE]), endoscopic assessment, and/or reduced dose of corticosteroids.

b) Compared with baseline (prior to initiating Rinvoq), patient experienced an improvement in at least one symptom, such as decreased pain, fatigue, stool frequency, and/or blood in stool.

4. Giant Cell Arteritis. Approve Rinvoq extended-release tablets (not Rinvoq LQ oral solution) for the duration noted if the patient meets ONE of the following (A or B):

A) Initial Therapy. Approve for 6 months if the patient meets ALL of the following (i, ii, and iii):

i. Patient is ≥ 18 years of age; AND

ii. Patient has tried or is currently taking a systemic corticosteroid, or systemic corticosteroids are contraindicated; AND
Note: An example of a systemic corticosteroid is prednisone.

iii. The medication is prescribed by or in consultation with a rheumatologist; OR

B) Patient is Currently Receiving Rinvoq extended-release tablets. Approve for 1 year if the patient meets BOTH of the following (i and ii):

i. Patient has been established on therapy for at least 6 months; AND
Note: A patient who has received < 6 months of therapy or who is restarting therapy is reviewed under criterion A (Initial Therapy).

ii. Patient meets at least ONE of the following (a or b):

a) When assessed by at least one objective measure, patient experienced a beneficial clinical response from baseline (prior to initiating Rinvoq); OR
Note: Examples of objective measures are serum markers (e.g., C-reactive protein, erythrocyte sedimentation rate), resolution of fever, and/or reduced dosage of corticosteroids.

b) Compared with baseline (prior to initiating Rinvoq), patient experienced an improvement in at least one symptom, such as decreased headache, scalp or jaw pain, decreased fatigue, and/or improved vision.

5. Juvenile Idiopathic Arthritis (JIA). Approve Rinvoq extended-release tablets or Rinvoq LQ oral solution for the duration noted if the patient meets ONE of the following (A or B):
Note: This includes JIA regardless of type of onset and a patient with juvenile spondyloarthropathy/active sacroiliac arthritis. JIA is also referred to as Juvenile Rheumatoid Arthritis.

A) Initial Therapy. Approve for 6 months if the patient meets ALL of the following (i, ii and iii):

i. Patient is ≥ 2 years of age; AND

ii. Patient meets ONE of the following (a or b):

a) Patient has had a 3-month trial of at least one tumor necrosis factor inhibitor; OR

b) Patient has tried at least one tumor necrosis factor inhibitor but was unable to tolerate a 3-month trial; AND
Note: Refer to Appendix for examples of tumor necrosis factor inhibitors. Conventional synthetic disease-modifying antirheumatic drugs (DMARDs) such as methotrexate, leflunomide, hydroxychloroquine, and sulfasalazine do not count.

iii. The medication is prescribed by or in consultation with a rheumatologist; OR

B) Patient is Currently Receiving Rinvoq/Rinvoq LQ. Approve for 1 year if the patient meets BOTH of the following (i and ii):
- **i.** Patient has been established on therapy for at least 6 months; AND
  Note: A patient who has received < 6 months of therapy or who is restarting therapy with Rinvoq/Rinvoq LQ is reviewed under criterion A (Initial Therapy).
- **ii.** Patient meets at least ONE of the following (a or b):
  - **a)** When assessed by at least one objective measure, patient experienced a beneficial clinical response from baseline (prior to initiating Rinvoq/Rinvoq LQ); OR
    Note: Examples of objective measures include Physician Global Assessment (MD global), Parent/Patient Global Assessment of Overall Well-Being (PGA), Parent/Patient Global Assessment of Disease Activity (PDA), Juvenile Arthritis Disease Activity Score (JDAS), Clinical Juvenile Arthritis Disease Activity Score (cJDAS), Juvenile Spondyloarthritis Disease Activity Index (JSpADA), serum markers (e.g., C-reactive protein, erythrocyte sedimentation rate), and/or reduced dosage of corticosteroids.
  - **b)** Compared with baseline (prior to initiating Rinvoq/Rinvoq LQ), patient experienced an improvement in at least one symptom, such as improvement in limitation of motion, less joint pain or tenderness, decreased duration of morning stiffness or fatigue, improved function or activities of daily living.

6. Non-Radiographic Axial Spondyloarthritis. Approve Rinvoq extended-release tablets (not Rinvoq LQ oral solution) for the duration noted if the patient meets ONE of the following (A or B):

A) Initial Therapy. Approve for 6 months if the patient meets ALL of the following (i, ii, iii, and iv):
- **i.** Patient is ≥ 18 years of age; AND
- **ii.** Patient has objective signs of inflammation, defined as at least ONE of the following (a or b):
  - **a)** C-reactive protein (CRP) elevated beyond the upper limit of normal for the reporting laboratory; OR
  - **b)** Sacroiliitis reported on magnetic resonance imaging (MRI); AND
- **iii.** Patient meets ONE of the following (a or b):
  - **a)** Patient has had a 3-month trial of at least one tumor necrosis factor inhibitor; OR
  - **b)** Patient has tried at least one tumor necrosis factor inhibitor but was unable to tolerate a 3-month trial; AND
    Note: Cimzia (certolizumab pegol subcutaneous injection) is an example of a tumor necrosis factor inhibitor used for non-radiographic axial spondyloarthritis. Conventional synthetic disease-modifying antirheumatic drugs (DMARDs) such as methotrexate, leflunomide, hydroxychloroquine, and sulfasalazine do not count.
- **iv.** The medication is prescribed by or in consultation with a rheumatologist; OR

B) Patient is Currently Receiving Rinvoq extended-release tablets. Approve for 1 year if the patient meets BOTH of the following (i and ii):
- **i.** Patient has been established on the requested drug for at least 6 months; AND
  Note: A patient who has received < 6 months of therapy or who is restarting therapy with the requested drug is reviewed under criterion A (Initial Therapy).
- **ii.** Patient meets at least one of the following (a or b):
  - **a)** When assessed by at least one objective measure, patient experienced a beneficial clinical response from baseline (prior to initiating the requested drug); OR
    Note: Examples of objective measures include Ankylosing Spondylitis Disease Activity Score (ASDAS), Ankylosing Spondylitis Quality of Life Scale (ASQoL), Bath Ankylosing Spondylitis Disease Activity Index (BASDAI), Bath Ankylosing Spondylitis Functional Index (BASFI), Bath Ankylosing Spondylitis Global Score (BAS-G), Bath Ankylosing Spondylitis Metrology Index (BASMI), Dougados Functional Index (DFI),

Health Assessment Questionnaire for the Spondylarthropathies (HAQ-S), and/or serum markers (e.g., C-reactive protein, erythrocyte sedimentation rate).

b) Compared with baseline (prior to initiating the requested drug), patient experienced an improvement in at least one symptom, such as decreased pain or stiffness, or improvement in function or activities of daily living.

7. **Psoriatic Arthritis.** Approve Rinvoq extended-release tablets or Rinvoq LQ oral solution for the duration noted if the patient meets ONE of the following (A or B):
   A) Initial Therapy. Approve for 6 months if the patient meets ALL of the following (i, ii, and iii):
      i. Patient is ≥ 2 years of age; AND
      ii. Patient meets ONE of the following (a or b):
         a) Patient has had a 3-month trial of at least ONE tumor necrosis factor inhibitor; OR
         b) Patient has tried at least one tumor necrosis factor inhibitor but was unable to tolerate a 3-month trial; AND
         Note: Refer to Appendix for examples of tumor necrosis factor inhibitors used for psoriatic arthritis. Conventional synthetic disease-modifying antirheumatic drugs (DMARDs) such as methotrexate, leflunomide, hydroxychloroquine, and sulfasalazine do not count.
      iii. The medication is prescribed by or in consultation with a rheumatologist or a dermatologist; OR
   B) Patient is Currently Receiving Rinvoq/Rinvoq LQ. Approve for 1 year if the patient meets BOTH of the following (i and ii):
      i. Patient has been established on therapy for at least 6 months; AND
      Note: A patient who has received < 6 months of therapy or who is restarting therapy with Rinvoq/Rinvoq LQ is reviewed under criterion A (Initial Therapy).
      ii. Patient meets at least one of the following (a or b):
         a) When assessed by at least one objective measure, patient experienced a beneficial clinical response from baseline (prior to initiating Rinvoq/Rinvoq LQ); OR
         Note: Examples of objective measures of disease activity include Disease Activity Index for Psoriatic Arthritis (DAPSA), Composite Psoriatic Disease Activity Index (CPDAI), Psoriatic Arthritis Disease Activity Score (PsA DAS), Grace Index, Leeds Enthesitis Score (LEI), Spondyloarthritis Consortium of Canada (SPARCC) enthesitis score, Leeds Dactylitis Instrument Score, Minimal Disease Activity (MDA), Psoriatic Arthritis Impact of Disease (PsAID-12), and/or serum markers (e.g., C-reactive protein, erythrocyte sedimentation rate).
         b) Compared with baseline (prior to initiating Rinvoq/Rinvoq LQ), patient experienced an improvement in at least one symptom, such as less joint pain, morning stiffness, or fatigue; improved function or activities of daily living; decreased soft tissue swelling in joints or tendon sheaths.

8. **Rheumatoid Arthritis.** Approve Rinvoq extended-release tablets (not Rinvoq LQ oral solution) for the duration noted if the patient meets ONE of the following (A or B):
   A) Initial Therapy. Approve for 6 months if the patient meets ALL of the following (i, ii, and iii):
      i. Patient is ≥ 18 years of age; AND
      ii. Patient meets ONE of the following (a or b):
         a) Patient has had a 3-month trial of at least ONE tumor necrosis factor inhibitor; OR
         b) Patient has tried at least one tumor necrosis factor inhibitor but was unable to tolerate a 3-month trial; AND
         Note: Refer to Appendix for examples of tumor necrosis factor inhibitors used for rheumatoid arthritis. Conventional synthetic disease-modifying

antirheumatic drugs (DMARDs) such as methotrexate, leflunomide, hydroxychloroquine, and sulfasalazine do not count.

iii. The medication is prescribed by or in consultation with a rheumatologist; OR

B) Patient is Currently Receiving Rinvoq extended-release tablets. Approve for 1 year if the patient meets BOTH of the following (i and ii):

i. Patient has been established on therapy for at least 6 months; AND
Note: A patient who has received < 6 months of therapy or who is restarting therapy with Rinvoq is reviewed under criterion A (Initial Therapy).

ii. Patient meets at least one of the following (a or b):

a) Patient experienced a beneficial clinical response when assessed by at least one objective measure; OR
Note: Examples of objective measures of disease activity include Clinical Disease Activity Index (CDAI), Disease Activity Score (DAS) 28 using erythrocyte sedimentation rate (ESR) or C-reactive protein (CRP), Patient Activity Scale (PAS)-II, Rapid Assessment of Patient Index Data 3 (RAPID-3), and/or Simplified Disease Activity Index (SDAI).

b) Patient experienced an improvement in at least one symptom, such as decreased joint pain, morning stiffness, or fatigue; improved function or activities of daily living; decreased soft tissue swelling in joints or tendon sheaths.

9. Ulcerative Colitis. Approve Rinvoq extended-release tablets (not Rinvoq LQ oral solution) for the duration noted if the patient meets ONE of the following (A or B):

A) Initial Therapy. Approve for 6 months if the patient meets ALL of the following (i, ii, and iii):

i. Patient is ≥ 18 years of age; AND

ii. Patient meets ONE of the following (a, b, or c):

a) Patient has had a 3-month trial of at least ONE tumor necrosis factor inhibitor; OR

b) Patient has tried at least one tumor necrosis factor inhibitor but was unable to tolerate a 3-month trial; OR
Note: Refer to Appendix for examples of tumor necrosis factor inhibitors used for ulcerative colitis.

c) Patient meets BOTH of the following ([1] and [2]):

1) According to the prescriber, a tumor necrosis factor inhibitor is not clinically advisable **[documentation required]**; AND

2) The patient has had a 3-month trial of at least one other advanced therapy, unless intolerant **[documentation required]**; AND
Note: Advanced therapies include biologics and targeted synthetic oral small molecule drugs. Refer to Appendix for examples of advanced therapies used for ulcerative colitis.

iii. The medication is prescribed by or in consultation with a gastroenterologist; OR

B) Patient is Currently Receiving Rinvoq extended-release tablets. Approve for 1 year if the patient meets BOTH of the following (i and ii):

i. Patient has been established on therapy for at least 6 months; AND
Note: A patient who has received < 6 months of therapy or who is restarting therapy with Rinvoq is reviewed under criterion A (Initial Therapy).

ii. Patient meets at least one of the following (a or b):

a) When assessed by at least one objective measure, patient experienced a beneficial clinical response from baseline (prior to initiating Rinvoq); OR
Note: Examples of objective measures include fecal markers (e.g., fecal calprotectin), serum markers (e.g., C-reactive protein), endoscopic assessment, and/or reduced dose of corticosteroids.

b) Compared with baseline (prior to initiating Rinvoq), patient experienced an improvement in at least one symptom, such as decreased pain, fatigue, stool frequency, and/or rectal bleeding.

Conditions Not Covered

Rinvoq/Rinvoq LQ for any other use is considered not medically necessary, including the following (this list may not be all inclusive; criteria will be updated as new published data are available):

1. **Concurrent Use with a Biologic or with a Targeted Synthetic Oral Small Molecule Drug.** This medication should not be administered in combination with another biologic or with a targeted synthetic oral small molecule drug used for an inflammatory condition (see Appendix for examples). Combination therapy is generally not recommended due to a potentially higher rate of adverse events and lack of controlled clinical data supporting additive efficacy.
   Note: This does NOT exclude the use of conventional synthetic DMARDs (e.g., methotrexate, leflunomide, hydroxychloroquine, or sulfasalazine) in combination with this medication.

2. **Concurrent Use with a Biologic Immunomodulator.** Rinvoq is not recommended in combination with biologic immunomodulators.[1]
   Note: Examples include Adbry (tralokinumab-ldrm subcutaneous injection), Cinqair (reslizumab intravenous), Dupixent (dupilumab subcutaneous injection), Ebglyss (lebrikizumab-lbkz subcutaneous injection), Exdensur (depemokimab-ulaa subcutaneous injection), Nemluvio (nemolizumab-ilto subcutaneous injection), Fasenra (benralizumab subcutaneous injection), Nucala (mepolizumab subcutaneous injection), Tezspire (tezepelumab-ekko subcutaneous injection), and Xolair (omalizumab subcutaneous injection).

3. **Concurrent Use with Other Potent Immunosuppressants** (e.g., azathioprine, cyclosporine).[1] Co-administration with other potent immunosuppressive drugs has the risk of added immunosuppression and has not been evaluated in rheumatoid arthritis. Note: This does NOT exclude use of Rinvoq with methotrexate. In rheumatoid arthritis, Rinvoq has been evaluated with background methotrexate and other conventional synthetic disease-modifying antirheumatic drugs (DMARDs).

References

1. Rinvoq® tablets/Rinvoq LQ oral solution [prescribing information]. North Chicago, IL: AbbVie; April 2024.
2. Fraenkel L, Bathon JM, England BR, et al. 2021 American College of Rheumatology guideline for the treatment of rheumatoid arthritis. *Arthritis Rheumatol*. 2021;73(7):1108-1123.
3. Davis DMR, Drucker AM, Alikhan A, et al. Guidelines of care for the management of atopic dermatitis in adults with phototherapy and systemic therapies. *J Am Acad Dermatol*. 2023 Nov 3 [Epub ahead of print].
4. Chu DK, Schneider L, Asiniwasis RN, et al. Atopic dermatitis (eczema) guidelines: 2023 American Academy of Allergy, Asthma and Immunology/American College of Allergy, Asthma and Immunology Joint Task Force on Practice Parameters GRADE-and Institute of Medicine-based recommendations. *Ann Allergy Asthma Immunol.* 2023 Dec 18:S1081-1206(23)01455-2.

5. Lichtenstein G, Loftus E, Afzali A, et al. ACG Clinical Guideline: Management of Crohn's Disease in Adults. *Am J Gastroenterol.* 2025 June;120(6):1225-1264.
6. Scott FI, Ananthakrishnan AN, Click B, et al. AGA Living Clinical Practice Guideline on the Pharmacologic Management of Moderate-to-Severe Crohn's Disease. *Gastroenterology*. 2025 Dec;169(7):1397-1448.
7. Singh JA, Guyatt G, Ogdie A, et al. 2018 American College of Rheumatology/National Psoriasis Foundation Guideline for the treatment of psoriatic arthritis. *Arthritis Care Res (Hoboken).* 2019;71(1):2-29.
8. Fraenkel L, Bathon JM, England BR, et al. 2021 American College of Rheumatology guideline for the treatment of rheumatoid arthritis. *Arthritis Rheumatol*. 2021;73(7):1108-1123.
9. Singh S, Loftus EV Jr, Limketkai BN, et al. AGA Living Clinical practice guideline on pharmacological management of moderate-to-severe ulcerative colitis. *Gastroenterology*. 2024;167(7):1307-1343.
10. Rubin DT, Ananthakrishnan AN, Siegel CA, et al. ACG clinical guideline: ulcerative colitis in adults. *Am J Gastroenterol*. 2019;114(3):384-413.
11. Ward MM, Deodhar A, Gensler LS, et al. 2019 update of the American College of Rheumatology/Spondylitis Association of America/Spondyloarthritis Research and Treatment Network recommendations for the treatment of ankylosing spondylitis and nonradiographic axial spondyloarthritis. *Arthritis Rheumatol*. 2019;71(10):1599-1613.
12. Maz M, Chung SA, Abril Aet al. 2021 American College of Rheumatology/Vasculitis Foundation Guideline for the Management of Giant Cell Arteritis and Takayasu Arteritis. *Arthritis Rheumatol.* 2021 Aug;73(8):1349-1365.

Revision Details

Type of Revision	Summary of Changes	Review Date	Effective Date
New	New policy	09/12/2024	11/01/2024
Annual Revision	**Atopic Dermatitis:** Ebglyss (lebrikizumab-lbkz subcutaneous injection) and Nemluvio (nemolizumab-ilto subcutaneous injection) were added to the note listing examples of systemic therapies. **Concurrent Use with a Biologic Immunomodulator:** Ebglyss and Nemluvio were added as examples of biologic immunomodulators which are not allowed concurrently with Rinvoq and Rinvoq LQ.	03/13/2025	05/01/2025
Selected Revision	**COVID-19 (Coronavirus Disease 2019):** Removed from Conditions Not Covered. **Giant Cell Arteritis:** This newly approved indication was added to the policy.	05/08/2025	06/01/2025
Selected Revision	**Giant Cell Arteritis:** The requirement that the patient has tried one systemic corticosteroid was changed to now require the patient to have tried or currently be	05/08/2025	07/15/2025

	taking a systemic corticosteroid, unless systemic corticosteroids are contraindicated.		
Annual Revision	No criteria changes.	02/19/2026	03/15/2026
Selected Revision	**Crohn's disease:** Added the following options of approval: (1) According to the prescriber, a tumor necrosis factor inhibitor is not clinically advisable; (2) The patient has had a 3-month trial of at least one other advanced therapy, unless intolerant. A note defining advanced therapies was included. For both options of approval, documentation is required. **Ulcerative Colitis:** Added the following options of approval: (1) According to the prescriber, a tumor necrosis factor inhibitor is not clinically advisable; (2) The patient has had a 3-month trial of at least one other advanced therapy, unless intolerant. A note defining advanced therapies was included. For both options of approval, documentation is required. **Conditions Not Recommended for Approval**: Exdensur (depemokimab-ulaa subcutaneous injection) was added as an example of a biologic immunomodulator. **Appendix:** Icotyde (icotrokinra tablets) was added.	05/14/2026	06/01/2026

The policy effective date is in force until updated or retired.

APPENDIX

	Mechanism of Action	Examples of Indications*
Biologics		
Adalimumab SC Products (Humira®, biosimilars)	Inhibition of TNF	AS, CD, HS, JIA, PsO, PsA, RA, UC
Cimzia® (certolizumab pegol SC injection)	Inhibition of TNF	AS, CD, JIA, nr-axSpA, PsO, PsA, RA
Etanercept SC Products (Enbrel®, biosimilars)	Inhibition of TNF	AS, JIA, PsO, PsA, RA
Infliximab IV Products (Remicade®, biosimilars)	Inhibition of TNF	AS, CD, PsO, PsA, RA, UC
Zymfentra® (infliximab-dyyb SC injection)	Inhibition of TNF	CD, UC
Simponi®, Simponi Aria® (golimumab SC injection, IV infusion)	Inhibition of TNF	SC formulation: AS, PsA, RA, UC
		IV formulation: AS, PJIA, PsA, RA
Kineret® (anakinra SC injection)	Inhibition of IL-1	RA
Tocilizumab Products (Actemra® IV, biosimilars; Actemra SC, biosimilars)	Inhibition of IL-6	SC formulation: PJIA, RA, SJIA

		IV formulation: PJIA, RA, SJIA
Kevzara® (sarilumab SC injection)	Inhibition of IL-6	PJIA, RA
Siliq® (brodalumab SC injection)	Inhibition of IL-17	PsO
Cosentyx® (secukinumab SC injection; IV infusion)	Inhibition of IL-17A	SC formulation: AS, ERA, HS, nr-axSpA, PsO, PsA
		IV formulation: AS, nr-axSpA, PsA
Taltz® (ixekizumab SC injection)	Inhibition of IL-17A	AS, nr-axSpA, PsO, PsA
Bimzelx® (bimekizumab-bkzx SC injection)	Inhibition of IL-17A/17F	AS, HS, nr-axSpA, PsO, PsA
Ustekinumab Products (Stelara® IV, biosimilars; Stelara SC, biosimilars)	Inhibition of IL-12/23	SC formulation: CD, PsO, PsA, UC
		IV formulation: CD, UC
Ilumya® (tildrakizumab-asmn SC injection)	Inhibition of IL-23	PsO
Omvoh® (mirikizumab IV infusion, SC injection)	Inhibition of IL-23	CD, UC
Skyrizi® (risankizumab-rzaa SC injection, IV infusion)	Inhibition of IL-23	SC formulation: CD, PsO, PsA, UC
		IV formulation: CD, UC
Tremfya® (guselkumab SC injection, IV infusion)	Inhibition of IL-23	SC formulation: CD, PsO, PsA, UC
		IV formulation: CD, UC
Entyvio® (vedolizumab IV infusion, SC injection)	Integrin receptor antagonist	CD, UC
Orencia® (abatacept IV infusion, SC injection)	T-cell costimulation modulator	SC formulation: JIA, PsA, RA
		IV formulation: JIA, PsA, RA
Rituximab IV Products (Rituxan®, biosimilars)	CD20-directed antibody	RA
Oral Therapies/Targeted Synthetic Oral Small Molecule Drugs		
Icotyde® (icotrokinra tablets)	Inhibition of IL-23 receptor	PsO
Otezla® (apremilast tablets)	Inhibition of PDE4	PsO, PsA
Otezla® XR (apremilast extended-release tablets)	Inhibition of PDE4	PsO, PsA
Sotyktu® (deucravacitinib tablets)	Inhibition of TYK2	PsO, PsA
Cibinqo™ (abrocitinib tablets)	Inhibition of JAK pathways	AD
Olumiant® (baricitinib tablets)	Inhibition of JAK pathways	AA, RA
Litfulo® (ritlecitinib capsules)	Inhibition of JAK pathways	AA
Leqselvi® (deuruxolitinib tablets)	Inhibition of JAK pathways	AA
Rinvoq® (upadacitinib extended-release tablets)	Inhibition of JAK pathways	AD, AS, CD, nr-axSpA, PJIA, PsA, RA, UC
Rinvoq® LQ (upadacitinib oral solution)	Inhibition of JAK pathways	PsA, PJIA
Xeljanz® (tofacitinib tablets/oral solution)	Inhibition of JAK pathways	Tablets: AS, PsA, RA, UC
		Oral solution: PJIA, PsA
Xeljanz® XR (tofacitinib extended-release tablets)	Inhibition of JAK pathways	AS, PsA, RA, UC
Zeposia® (ozanimod tablets)	Sphingosine 1 phosphate receptor modulator	UC

Velsipity® (etrasimod tablets)	Sphingosine 1 phosphate receptor modulator	UC

* Not an all-inclusive list of indications. Refer to the prescribing information for the respective agent for FDA-approved indications; SC – Subcutaneous; TNF – Tumor necrosis factor; AS – Ankylosing spondylitis; CD – Crohn's disease; HS – Hidradenitis Suppurativa; JIA – Juvenile idiopathic arthritis; PsO – Plaque psoriasis; PsA – Psoriatic arthritis; RA – Rheumatoid arthritis; UC – Ulcerative colitis; nr-axSpA – Non-radiographic axial spondyloarthritis; IV – Intravenous, PJIA – Polyarticular juvenile idiopathic arthritis; IL – Interleukin; SJIA – Systemic juvenile idiopathic arthritis; ERA – Enthesitis-related arthritis; PDE4 – Phosphodiesterase 4; JAK – Janus kinase; AD – Atopic dermatitis; AA – Alopecia areata; TYK2 – Tyrosine kinase 2.

"Cigna Companies" refers to operating subsidiaries of The Cigna Group. All products and services are provided exclusively by or through such operating subsidiaries, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Evernorth Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of The Cigna Group. © 2026 The Cigna Group.