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**Representative Willhite Applies Limits to the Practice of
Step Therapy**

Tallahassee, Fla. - Representative Matt Willhite (D-Wellington) filed legislation related to the practice of step therapy. For people who take prescription drugs to treat medical conditions, step therapy is the practice of prescribing less expensive medical treatment before they can "step" to a more expensive treatment or medication. **[HB 1001](#)**, and its Senate companion **[SB 1290](#)** by **Senator Ed Hooper**, aims to narrow in on and revise some of the protocols and circumstances in which step therapy is used.

For starters, this legislation requires a health insurer publish on its website, and provide in writing, a procedure to request a protocol exemption. The bill also lays out the conditions under which the protocol exemption must be granted and requires a detailed written explanation if the exemption request is denied. Finally, the legislation lays out specific timelines to grant or deny an exemption for urgent and no urgent care situations that health insurers must follow.

“It is not fair that a patient and their doctor do not get the first say in the type of care a patient receives; they know best what the patient needs, not an insurance company,” said **Representative Willhite**. “Often, step therapy's practice creates more ongoing pain and delays the healing process when the ultimate goal should be the patient's health.”

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