Clinical Policy: Aripiprazole Orally Disintegrating Tablet, Oral Film (Opipza, Mezofy)

Reference Number: CP.PMN.300
Effective Date: 03.01.25
Last Review Date: 02.25
Line of Business: Commercial, HIM, Medicaid* Revision Log

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

Description

Aripiprazole orally disintegrating tablet (ODT) and oral film (Opipza™, Mezofy™) is an atypical antipsychotic.

**For Medicaid,* aripiprazole ODT does not require prior authorization.

FDA Approved Indication(s)

Aripiprazole ODT, Opipza, and Mezofy are indicated for the treatment of schizophrenia (*Opipza and Mezofy*: in patients 13 years and older).

Aripiprazole ODT and Opipza are also indicated:

- For the adjunctive treatment of major depressive disorder (MDD) (*Opipza*: in adults)
- For the treatment of irritability associated with autistic disorder (*Opipza*: in pediatric patients 6 years and older)
- For the treatment of Tourette's disorder (*Opipza*: in pediatric patients 6 years and older)

Aripiprazole ODT is additionally indicated for the acute treatment of manic and mixed episodes associated with bipolar I disorder.

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.

It is the policy of health plans affiliated with Centene Corporation® that aripiprazole ODT, Opipza, and Mezofy are **medically necessary** when the following criteria are met:

I. Initial Approval Criteria

A. All FDA Approved Indications (must meet all)**:**

1. Diagnosis of one of the following (a, b, c, d, or e):
   a. Schizophrenia;
   b. Bipolar disorder;
   c. MDD;
   d. Autistic disorder;
   e. Tourette's disorder;
2. Member meets one of the following (a, b, c, d, or e):
   a. Schizophrenia: Age ≥ 13 years;

b. Bipolar disorder: Age ≥ 10 years;
c. MDD: Age ≥ 18 years;
d. Autistic disorder: Age between 6 and 17 years;
e. Tourette's disorder: Age between 6 and 18 years;

3. For bipolar disorder, request is for aripiprazole ODT;
4. For aripiprazole ODT requests, member must use generic aripiprazole tablet and oral solution, unless clinically significant adverse effects are experienced or both are contraindicated;
5. For Opipza requests, member must use generic aripiprazole tablet, oral solution, and ODT*, unless clinically significant adverse effects are experienced or all are contraindicated;
   **Prior authorization may be required for aripiprazole ODT*
6. For Mezofy requests, both of the following (a and b):
   a. Request is for schizophrenia;
   b. Member must use generic aripiprazole tablet, oral solution, and ODT*, unless clinically significant adverse effects are experienced or all are contraindicated;
      **Prior authorization may be required for aripiprazole ODT.*
7. For MDD, aripiprazole ODT or Opipza is prescribed concurrently with an antidepressant;
8. Dose does not exceed any of the following (a, b, c, or d):
   a. Schizophrenia: 30 mg per day, and one of the following (i, ii, or iii):
      i. Aripiprazole ODT: 2 tablets per day;
      ii. Opipza: 3 films per day;
      iii. Mezofy: 2 films per day;
   b. Bipolar disorder: both of the following (i and ii):
      i. 30 mg per day;
      ii. 2 tablets per day;
   c. MDD or autistic disorder: 15 mg per day, and one of the following (i or ii):
      i. Aripiprazole ODT: 1 tablet per day;
      ii. Opipza: 2 films per day;
   d. Tourette's syndrome: one of the following (i or ii):
      i. Weight < 50 kg: 10 mg per day, and one of the following (1 or 2):
         1) Aripiprazole ODT: 1 tablet per day;
         2) Opipza: 1 film per day;
      ii. Weight ≥ 50 kg: 20 mg per day, and one of the following (1 or 2):
         1) Aripiprazole ODT: 2 tablets per day;
         2) Opipza: 2 films per day.

Approval duration:
HIM – 12 months
Medicaid – 12 months (*aripiprazole ODT does not require prior authorization)*
Commercial – 12 months or duration of request, whichever is less

B. Other diagnoses/indications (must meet 1 or 2)**:**

1. If this drug has recently (within the last 6 months) undergone a label change (e.g., newly approved indication, age expansion, new dosing regimen) that is not yet reflected in this policy, refer to one of the following policies (a or b):

a. For drugs on the formulary (commercial, health insurance marketplace), the no coverage criteria policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.33 for health insurance marketplace, and CP.PMN.255 for Medicaid; or
b. For drugs NOT on the formulary (commercial, health insurance marketplace), the non-formulary policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.103 for health insurance marketplace, CP.PMN.255 for Medicaid; or

2. If the requested use (e.g., diagnosis, age, dosing regimen) is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized) AND criterion 1 above does not apply, refer to the off-label use policy for the relevant line of business: CP.CPA.09 for commercial, HIM.PA.154 for health insurance marketplace and CP.PMN.255 for Medicaid.

II. Continued Therapy

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

1. Currently receiving medication via Centene benefit, or documentation supports that member is currently receiving aripiprazole ODT, Opipza, or Mezofy for a covered indication and has received this medication for at least 30 days;
2. Member is responding positively to therapy;
3. For bipolar disorder, request is for aripiprazole ODT;
4. For Mezofy, request is for schizophrenia;
5. If request is for a dose increase, new dose does not exceed any of the following (a, b, c, or d):
   a. Schizophrenia: 30 mg per day, and one of the following (i, ii, or iii):
      i. Aripiprazole ODT: 2 tablets per day;
      ii. Opipza: 3 films per day;
      iii. Mezofy: 2 films per day;
   b. Bipolar disorder, both of the following (i and ii):
      i. 30 mg per day;
      ii. 2 tablets per day;
   c. MDD or autistic disorder: 15 mg per day, and one of the following (i or ii):
      i. Aripiprazole ODT: 1 tablet per day;
      ii. Opipza: 2 films per day;
   d. Tourette's syndrome: one of the following (i or ii):
      i. Weight < 50 kg: 10 mg per day, and one of the following (1 or 2):
         1) Aripiprazole ODT: 1 tablet per day;
         2) Opipza: 1 film per day;
      ii. Weight ≥ 50 kg: 20 mg per day, and one of the following (1 or 2):
         1) Aripiprazole ODT: 2 tablets per day;
         2) Opipza: 2 films per day.

Approval duration:
HIM – 12 months
Medicaid – 12 months (*aripiprazole ODT does not require prior authorization)*
Commercial – 12 months or duration of request, whichever is less

B. Other diagnoses/indications (must meet 1 or 2)**:**

1. If this drug has recently (within the last 6 months) undergone a label change (e.g., newly approved indication, age expansion, new dosing regimen) that is not yet reflected in this policy, refer to one of the following policies (a or b):
   a. For drugs on the formulary (commercial, health insurance marketplace), the no coverage criteria policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.33 for health insurance marketplace, and CP.PMN.255 for Medicaid; or
   b. For drugs NOT on the formulary (commercial, health insurance marketplace), the non-formulary policy for the relevant line of business: CP.CPA.190 for commercial, HIM.PA.103 for health insurance marketplace, and CP.PMN.255 for Medicaid; or
2. If the requested use (e.g., diagnosis, age, dosing regimen) is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized) AND criterion 1 above does not apply, refer to the off-label use policy for the relevant line of business: CP.CPA.09 for commercial, HIM.PA.154 for health insurance marketplace, and CP.PMN.255 for Medicaid.

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 policies – CP.CPA.09 for commercial, HIM.PA.154 for health insurance marketplace, and CP.PMN.255 for Medicaid, or evidence of coverage documents.

IV. Appendices/General Information

Appendix A: Abbreviation/Acronym Key
FDA: Food and Drug Administration
MDD: major depressive disorder
ODT: orally disintegrating tablet

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
aripiprazole (Abilify®) tablet or oral solution	**Bipolar Disorder and Schizophrenia** Adults: 10 to 15 mg PO QD **MDD, Autistic Disorder, and Tourette's Disorder** 5 to 10 mg PO QD	Bipolar Disorder and Schizophrenia: 30 mg/day MDD, Autistic Disorder: 15 mg/day Tourette's Disorder: 20 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.

Appendix C: Contraindications/Boxed Warnings

- Contraindication(s): known hypersensitivity to aripiprazole
- Boxed warning(s):
  - Elderly patients with dementia-related psychosis treated with antipsychotic drugs are at an increased risk of death. Aripiprazole is not approved for the treatment of patients with dementia-related psychosis.
  - Aripiprazole ODT and Opipza: increased risk of suicidal thinking and behavior in children, adolescents, and young adults taking antidepressants. Monitor for worsening and emergence of suicidal thoughts and behaviors.

V. Dosage and Administration

Drug Name	Indication	Dosing Regimen**	Maximum Dose
Aripiprazole ODT, oral film (Opipza, Mezofy)	Schizophrenia	Adults: 10 to 15 mg PO QD Adolescents: initial: 2 mg PO QD; target: 10 mg PO QD	30 mg/day
Aripiprazole ODT, oral film (Opipza)	MDD	Adults, as adjunct to antidepressants: initial: 2 to 5 mg PO QD; target: 5 to 10 mg PO QD	15 mg/day
	Irritability associated with autistic disorder	Pediatric: initial: 2 mg PO QD; target: 5 to 10 mg PO QD	15 mg/day
	Tourette's disorder	Weight < 50 kg: initial: 2 mg PO QD; target: 5 mg PO QD Weight ≥ 50 kg: initial: 2 mg PO QD; target: 10 mg PO QD	Weight < 50 kg: 10 mg/day Weight ≥ 50 kg: 20 mg/day
Aripiprazole ODT	Bipolar mania	Adults, as monotherapy: 15 mg PO QD Adults, as adjunct to lithium or valproate: 10 to 15 mg PO QD Pediatric, as monotherapy or as an adjunct to lithium or valproate: initial: 2 mg PO QD; target: 10 mg PO QD	30 mg/day

***Known CYP2D6 poor metabolizers: half of the usual dose*

VI. Product Availability

Drug Name	Availability
Aripiprazole ODT	Orally disintegrating tablets: 10 mg, 15 mg
Aripiprazole (Opipza)	Oral films: 2 mg, 5 mg, 10 mg
Aripiprazole (Mezofy)	Oral films: 5 mg, 10 mg, 15 mg

VII. References

1. Aripiprazole Orally Disintegrating Tablet Prescribing Information. Hauppauge, NY: Dr. Reddy's Laboratories Inc; June 2024. Available at: https://dailymed.nlm.nih.gov/dailymed/getFile.cfm?setid=394ea4a4-3991-4f98-b38f-56e9335d66b3&type=pdf. Accessed December 12, 2024.
2. Opipza Prescribing Information. Xiamen, Fujian, China: Xiamen LP Pharmaceutical Co., Ltd; July 2024. Available at: https://carwinpharma.com/opipza/. Accessed December 12, 2024.
3. Mezofy Prescribing Information. Seoul, Republic of Korea: CMG Pharmaceutical Co., Ltd; April 2025. Available at: https://www.accessdata.fda.gov/drugsatfda_docs/label/2025/211448s000lbl.pdf. Accessed May 12, 2025.

Bipolar Disorder

4. Hirschfeld RMA, Bowden CL, Gitlin MJ, et al. Practice guideline for the treatment of patients with bipolar disorder, second edition. Arlington, VA: American Psychiatric Association; April 2002. Available online at http://www.psychiatryonline.org/guidelines. Accessed November 6, 2024.
5. Washburn JJ, West AE, and Heil JA. Treatment of pediatric bipolar disorder: a review. Minerva Psichiatr. 2011 March;52(1):21-35.
6. Patino LR, Bruns KM, Witt NM, et al. Management of bipolar disorder in children and adolescents. Focus 2015;13(1): 25-36.

Major Depressive Disorder

7. Gelenberg AJ, Freeman MP, Markowitz JC, et al. Practice guideline for the treatment of patients with major depressive disorder, third edition. Arlington, VA: American Psychiatric Association; May 2010. Available online at http://www.psychiatryonline.org/guidelines. Accessed November 6, 2024.

Tourette Syndrome

8. Murphy TK, Lewin AB, Storch EA, Stock S, and the American Academy of Child and Adolescent Psychiatry (AACAP) Committee on Quality Issues (CQI). Practice parameter for the assessment and treatment of children and adolescents with tic disorders. J Am Acad Child Adolesc Psychiatry. 2013; 52(12): 1341-1359.
9. Pringsheim T, Okun MS, Muller-Vahl K, et al. Practice guideline recommendations summary: treatment of tics in people with Tourette syndrome and chronic tic disorders. Neurology 2019;92(19):896-906.

Autism Disorder

10. Volkmar F, Siegel M, Woodbury-Smith M, et al. Practice parameter for the assessment and treatment of children and adolescents with autism spectrum disorder. J Am Acad Child Adolesc Psychiatry 2014; 53: 237.
11. Hyman SL, Levy SE, Myers SM, et al. Identification, evaluation, and management of children with autism spectrum disorder. Pediatrics January 2020; 145 (1): e20193447.

Schizophrenia

12. Keepers G, Fochtmann L, Anzia J, et al. APA Practice guideline for the treatment of patients with schizophrenia, third edition. Am J Psychiatry. 2020 Sept;177(9):868-872.

Reviews, Revisions, and Approvals	Date	P&T Approval Date
Policy created: adapted from previously approved policy CP.PCH.37 (retired); added Medicaid line of business; RT4: added new formulation Opipza to policy with step therapy requirement for generic aripiprazole tablet, oral solution, and ODT per SDC; references reviewed and updated.	12.12.24	02.25
RT4: added newly approved Mezofy to policy.	05.12.25	

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. The Health Plan makes no representations and accepts no liability with respect to the content of any external information used or relied upon in developing this clinical policy. This clinical policy is consistent with standards of medical practice current at the time that this clinical policy was approved. "Health Plan" means a health plan that has adopted this clinical policy and that is operated or administered, in whole or in part, by Centene Management Company, LLC, or any of such health plan's affiliates, as applicable.

The purpose of this clinical policy is to provide a guide to medical necessity, which is a component of the guidelines used to assist in making coverage decisions and administering benefits. It does not constitute a contract or guarantee regarding payment or results. Coverage decisions and the administration of benefits are subject to all terms, conditions, exclusions, and limitations of the coverage documents (e.g., evidence of coverage, certificate of coverage, policy, contract of insurance, etc.), as well as to state and federal requirements and applicable Health Plan-level administrative policies and procedures.

This clinical policy is effective as of the date determined by the Health Plan. The date of posting may not be the effective date of this clinical policy. This clinical policy may be subject to applicable legal and regulatory requirements relating to provider notification. If there is a discrepancy between the effective date of this clinical policy and any applicable legal or regulatory requirement, the requirements of law and regulation shall govern. The Health Plan retains the right to change, amend or withdraw this clinical policy, and additional clinical policies may be developed and adopted as needed, at any time.

This clinical policy does not constitute medical advice, medical treatment, or medical care. It is not intended to dictate to providers how to practice medicine. 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. This clinical policy is not intended to recommend treatment for members. Members should consult with their treating physician in connection with diagnosis and treatment decisions.

Providers referred to in this clinical policy are independent contractors who exercise independent judgment and over whom the Health Plan has no control or right of control. Providers are not agents or employees of the Health Plan.

This clinical policy is the property of the Health Plan. Unauthorized copying, use, and distribution of this clinical policy or any information contained herein are strictly prohibited. Providers, members, and their representatives are bound to the terms and conditions expressed herein through the terms of their contracts. Where no such contract exists, providers, members and their representatives agree to be bound by such terms and conditions by providing services to members and/or submitting claims for payment for such services.