



Drug Coverage Policy

Effective Date 2/1/2026

Coverage Policy Number IP0607

Policy Title Zurzuvae

Psychiatry – Zurzuvae

- Zurzuvae™ (zuranolone capsules – Sage Therapeutics/Biogen)

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

Zuranolone, a neuroactive steroid gamma-aminobutyric acid (GABA) A receptor positive modulator, is indicated for the **treatment of postpartum depression in adults.**¹

Disease Overview

Postpartum (or peripartum) depression is a major depressive episode with onset during pregnancy or within 4 weeks of delivery that can have serious effects on the maternal-infant bond and later infant development.³ Approximately 40% to 80% of cases of postpartum depression are considered moderate to severe.²

Clinical Efficacy

The efficacy of Zurzuvae was established in two Phase III, randomized, double-blind, placebo-controlled, multicenter, pivotal studies in patients with severe postpartum depression initiating treatment within 6 or 12 months of delivery.^{2,3} Eligible patients were diagnosed with a major depressive episode, which had an onset no earlier than the third trimester of pregnancy and no later than 4 weeks after delivery.

Safety

Based on findings from animal studies, Zurzuvae may cause fetal harm.¹ Pregnant women should be advised of the potential risk to a fetus. Available data on Zurzuvae use in pregnant women from the clinical development program are insufficient to evaluate for a drug-associated risk of major birth defects, miscarriage, or adverse maternal or fetal outcomes. There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to antidepressants, including Zurzuvae, during pregnancy.

Zurzuvae has a Boxed Warning regarding impairment in driving or engaging in other potentially hazardous activities due to central nervous system (CNS) depressant effects.¹ Warnings/Precautions for Zurzuvae also include suicidal thoughts and behaviors (which is similar to other antidepressants) and embryo-fetal toxicity.

Coverage Policy

Zurzuvae is considered medically necessary when the following criteria are met:

FDA-Approved Indications

- 1. Postpartum Depression.** Approve for 14 days if the patient meets the following (A, B, C, D, and E):
 - A)** Patient is ≥ 18 years of age; AND
 - B)** Patient meets BOTH of the following (i and ii):
 - i.** Patient has been diagnosed with severe depression; AND
 - ii.** Symptom onset began during the third trimester of pregnancy or up to 4 weeks post-delivery; AND
 - C)** Patient is ≤ 12 months postpartum; AND
 - D)** Patient is not currently pregnant; AND
 - E)** Zurzuvae is being prescribed by or in consultation with a psychiatrist or an obstetrician-gynecologist.

Conditions Not Covered

Zurzuvae 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. Previous Treatment with Zurzuvae during the Current Episode of Postpartum Depression.**

Receipt of sample product does not satisfy any criteria requirements for coverage.

References

1. Zurzuva[™] capsules [prescribing information]. Cambridge, MA: Biogen; July 2024.
2. Deligiannidis KM, Meltzer-Brody S, Maximos B, et al. Zuranolone for the treatment of postpartum depression. *Am J Psychiatry*. 2023;180(9):668-675.
3. Deligiannidis KM, Meltzer-Brody S, Gunduz-Bruce H, et al. Effect of zuranolone vs placebo in postpartum depression: a randomized clinical trial. *JAMA Psychiatry*. 2021;78(9):951-959.
4. FDA News Release. FDA approves first oral treatment for post-partum depression. Published on August 4, 2023. Available at: FDA Approves First Oral Treatment for Postpartum Depression | FDA. Accessed on November 19, 2024.

Revision Details

Type of Revision	Summary of Changes	Date
New	New policy	05/15/2024
Annual Revision	No criteria changes.	2/15/2025
Annual Revision	No criteria changes	2/1/2026

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

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