

## Get the most from your plan's coverage.

### One ID card for both your pharmacy and medical needs.

- 24/7 live, personalized customer support
- Easy access to medications
- One customer-focused team – medical, behavioral and pharmacy – working together to help keep you healthy and help you choose and use your health care wisely

## Your pharmacy benefit.



## The Cigna 90 Now<sup>SM</sup> program makes it easier to fill the medications you take on a regular basis.

- **Fill a 90-day supply** at one time so you fill less often<sup>1,2</sup>
- **Choose your pharmacy** – use select in-network retail pharmacies or Express Scripts<sup>®</sup> Pharmacy, our home delivery pharmacy
- **Make life easier** by making fewer trips to the pharmacy for refills
- **Help stay healthy** – with a 90-day supply on hand, you're less likely to miss a dose<sup>2</sup>

Home delivery is a convenient option when you're taking a medication on a regular basis. Log in to the [myCigna<sup>®</sup> App](#) or [myCigna.com](#) to easily move your prescription electronically from a retail pharmacy to Express Scripts<sup>®</sup> Pharmacy.



### Call us 24/7.

Customer Service  
**Call the number on your Cigna Healthcare<sup>SM</sup> ID card or 866.494.2111**

Express Scripts<sup>®</sup> Pharmacy  
**800.835.3784**

Accredo  
**877.826.7657**

If you need language assistance, or have a disability, please call us at **866.494.2111** (For TTY services, dial 711). Accommodations are available and provided at no cost to you.

## Use the myCigna App or website.

### 24/7 access to all you need to know about your coverage.

- Manage, track, order and pay for your home delivery prescription orders online
- Find out how much your medication costs
- See which medications your plan covers
- Find an in-network pharmacy
- See your pharmacy claims and coverage details

## Use Accredo<sup>®</sup>, a Cigna Healthcare specialty pharmacy, to help manage a complex medical condition.

- **Personal care services** like counseling and help administering your medication
- Specialty-trained pharmacists and nurses **available 24/7**
- Easily manage and track your medications **on your phone or online**
- Fast shipping, **at no extra cost** – even for medications that need special handling<sup>1,3</sup>
- Refill certain prescriptions **by text**<sup>4</sup>
- Help with applying for third party **copay assistance**

## Individual and Family Plans

Cigna Health and Life Insurance Company or its affiliates





**This information is for educational purposes only and is not an insurance solicitation.**

1. Standard shipping costs are included as part of your prescription plan.
2. Tier 5 medications are limited to a 30-day supply.
3. As allowable by law. For medications administered by a health care provider, Accredo will ship the medication directly to your doctor's office.
4. The ability to refill prescriptions by text is only available for certain medications. To get text messages, you'll have to sign up for Accredo's texting service. You can do this when you call Accredo to refill your prescription. Once you sign up, simply reply to their welcome text to get started. Standard text messaging rates apply.

Plans contain exclusions and limitations and are not available in all areas. For costs and details of coverage, review your plan documents.

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