

# Your Express Scripts Pharmacy benefits.



Five things to remember so you can make the most of your health plan.

## 1. Use the myCigna® App or myCigna.com.

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
- Ask a pharmacist a question
- See your pharmacy claims and coverage details

## 2. Compare your medication costs online.

Prescription prices can vary by pharmacy. Log in to the [myCigna App](#) or [myCigna.com](#) and click on “Price a Medication” to find out how much your medication may cost at the different retail pharmacies in your plan’s network and through Express Scripts® Pharmacy, our home delivery pharmacy. You can also see if there are lower-cost alternatives available.!

## 3. Choose a generic and save money.

Generic medications work in the same way and provide the same clinical benefit as their brand-name versions. They have the same active ingredients, strength, dosage form, effectiveness, quality and safety – and they typically cost 85% less.<sup>2</sup> Just because generics cost less than brands, it doesn’t mean they’re lower-quality medications.

## 4. Use Express Scripts® Pharmacy, our home delivery pharmacy.

- **Easily order, manage and track your medications** on your phone or online
- Standard shipping at no **extra cost**<sup>3</sup>
- Fill up to a **90-day supply** at one time<sup>4,5</sup>
- **Helpful pharmacists** available 24/7
- **Refill reminders** so you don’t miss a dose

Log in to the [myCigna App](#) or [myCigna.com](#) to easily move your prescription electronically from a retail pharmacy to Express Scripts® Pharmacy.

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

Accredo’s team of specialty-trained pharmacists and nurses can provide you with the personalized care and support you need to manage your therapy.

- 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
  - need special handling<sup>4</sup>
- Refill certain prescriptions **by text**<sup>6</sup>
- Help with applying for third party **copay assistance**

 **To get started using Accredo, call 877.826.7657.**

## 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. Prices shown on myCigna are not guaranteed and coverage is subject to your plan terms and conditions. Visit myCigna for more information.
2. U.S. Food and Drug Administration (FDA) website, "Generic Drugs: Questions and Answers." Last updated 03/16/21. <https://www.fda.gov/drugs/questions-answers/generic-drugs-questions-answers>.
3. Internal Cigna analysis performed Jan 2019, utilizing 2018 Cigna National Book of Business average medication adherence (customer adherent > 80% PDC), 90-day supply vs. those who received a 30-day supply taking antidiabetics, RAS antagonists and statins.
4. As allowable by law. For medications administered by a health care provider, Accredo will ship the medication directly to your doctor's office.
5. Tier 5 medications are limited to a 30-day supply in all states except for NC. In NC, Tier 5 medications are allowed in a 90-day supply.
6. 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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