Cigna is committed to a 25% reduction in customer opioid use by 2019.

It’s important to change the conversation about substance use disorders, taking away the stigma and finding solutions that can help. Treating substance use disorders as a chronic disease can help find and support those who may be at risk. We must adopt a new mindset when addressing this epidemic by ending blame to find real solutions.
For every 1 death there are:

- 1 treatment admissions for abuse
- 32 ER visits for misuse or abuse
- 130 people who abuse or are dependent
- 825 nonmedical users
- 276,000 adolescents were current nonmedical users of pain relievers
- 122,000 having an addiction to prescription pain relievers

80% of people with an opioid use disorder begin with a prescription opioid.

Statistically significant drug overdose death rate increase in the United States from 2014 to 2015.

91 Americans die every day from an opioid overdose (includes prescription drugs and heroin).
If evidence-based treatment and performance-based reimbursement are the gold standard for treating physical illness, we need the same approach for treating substance use disorders.

— David Cordani, President and CEO, Cigna Corporation

PRIORITIZE PREVENTION THROUGH A HOLISTIC HEALTH APPROACH

We need a health care system that supports early detection and prioritizes a holistic approach to health. This requires a focus on total health – mind and body – so that individuals can stay healthy.

Combining medical, behavioral and pharmacy benefit data helps us connect the right people with the right programs to combat substance use disorders. Here are ways Cigna is working to affect change.

- **Identifying those at risk through our Narcotic Therapy Management program** and notifying providers when our customers appear to be obtaining prescriptions from multiple providers and receiving a harmful level of opioid prescriptions.
- **Partnering with our network providers** to help at-risk patients engage with quality, cost-efficient behavioral facilities.
- **Strengthening prior authorizations and quantity limits** to improve clinical appropriateness and safety.
- **Providing increased access to substance use disorder (detox) drugs** and to clinically proven, cost-effective overdose reversal agents.
- **Arranging services and support** for a patient’s entire family, and aiding in collaboration between inpatient and outpatient.

PLEDGE WITH PROVIDERS

We asked our 160 contracted Cigna Collaborative Care medical groups – which together encompass more than 82,000 doctors – to commit to taking action to reduce opioid use while improving pain management and substance use treatment where appropriate.

- 60 Collaborative Care groups signed the pledge as of January 2017.
- Our goal is to have all of our Collaborative Care medical groups sign the pledge.
INTEGRATE EVIDENCE-BASED TREATMENT AND INFORM PUBLIC POLICY

Cigna engages with providers, policymakers and major stakeholders to change our national conversation and share best practices around substance use disorders.

› Cigna provided two years of integrated customer claim data to the American Society of Addiction Medicine (ASAM) to identify successful treatment and prevention guidelines. The goal is to verify what works in the treatment of patients with addiction, make the medical community aware of proven strategies and hasten the adoption of these successful methods.

› Encourage health care providers to adopt the Centers for Disease Control and Prevention (CDC) 2016 guidelines for acute and chronic use of opioids and support the adoption of medication-assisted treatment programs.

› Participate in the America’s Health Insurance Plans (AHIP) task force on opioid use disorder prevention and treatment.

› Support adoption of a national pain management strategy.

SUPPORTING ORGANIZATIONS DEDICATED TO ADDICTION PREVENTION AND TREATMENT

In August 2016, the Cigna Foundation contributed its second $100,000 World of Difference grant to Shatterproof, a nonprofit organization committed to giving those living with addiction, and their families, resources and information to overcome addiction.

Cigna also partners with the Association for Behavioral Health and Wellness to change perceptions and reduce the stigma of mental illness and substance use through the Stamp Out Stigma initiative.

Working with these organizations is critical to transform the dialogue on these disorders from a whisper to a conversation.

Find out more about how you can be part of the solution at:
Cigna.com/awayfromblame

Together, all the way.