

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

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

The Walgreens Advantage Network 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^{1,2}
- **Choose an in-network pharmacy** – from over 43,000 retail locations, such as independent pharmacies, grocery stores and Walgreens or use Express Scripts® 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 dose²

Your
pharmacy
benefit.



Call us 24/7.

Customer Service

Call the number on your
Cigna Healthcare® ID card
or **866.494.2III**

Express Scripts® Pharmacy
800.835.3784

Accredo
877.826.7657

If you need language assistance,
or have a disability,
please call us at **866.494.2III**
(For TTY services, dial 7II).
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®, 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^{1,3}
- Refill certain prescriptions **by text**⁴
- 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. Tier 5 medications are limited to a 30-day supply in all states, except in NC where Tier 5 medications are allowed up to a 90-day maximum supply.
2. 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 antagonist and statins.
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. Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group, including Cigna Health and Life Insurance Company, Cigna HealthCare of Arizona, Inc., Cigna HealthCare of Florida, Inc., Cigna HealthCare of Georgia, Inc., Cigna HealthCare of Illinois, Inc., Cigna HealthCare of North Carolina, Inc., Cigna HealthCare of Texas, Inc. and Express Scripts, Inc., ESI Mail Pharmacy Service, Inc., and Express Scripts Pharmacy, Inc. "Accredo" refers to Accredo Health Group, Inc. "Express Scripts Pharmacy" refers to ESI Mail Pharmacy Service.

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