

PPACA NO COST-SHARE PREVENTIVE MEDICATIONS

for the Cigna National Preferred Prescription Drug List

At Cigna, your health and well-being is important to us. We want you to live life to the fullest. Taking your preventive medications regularly can help you get – and stay – healthy.

Health care reform requires coverage of certain preventive medications at no cost-share to you

Health care reform under the Patient Protection and Affordable Care Act (PPACA) requires plans to cover certain preventive medications and products at 100%, or no cost-share (\$0) to you.¹ The U.S. Preventive Services Task Force and the Institute of Medicine provides guidance on which drug classes should be covered. These recommendations are meant to help prevent disease, as well as meet women's unique health care needs.

Preventive medication coverage

This document shows the prescription medications and over-the-counter products (available without a prescription) available to you at no cost-share (copay, coinsurance and/or deductible). This list is updated as the U.S. Preventive Services Task Force makes new recommendations.

Log into the **myCigna**® App or website, or check your plan materials, to learn more about how your plan covers preventive medications.

Religious exemptions to the coverage of contraceptives

PPACA allows certain employers to exclude contraceptives from coverage due to religious beliefs. If you're a woman with medical coverage though one of these employers, Cigna will let you know that your plan doesn't cover these medications. Where required by law, Cigna will offer to pay for your contraceptives and/or certain medications at no extra cost to you (if you choose). This coverage is private and confidential and isn't administered, funded by or connected in any way to your employer's health coverage.

Choosing the right preventive medication

There are many preventive medications covered at 100% (or no cost-share to you) under PPACA's preventive coverage requirement. You should talk with your doctor to find out which medication or product may be right for you. If your doctor feels a certain contraceptive or smoking cessation medication on this list isn't right for you, ask your doctor to call us. Together, we'll look for other medications and products that may be available to you at no cost-share. **Be sure to get a prescription from your doctor for your preventive medication or over-the-counter product.** Your pharmacy will need a prescription to process the medication at no cost-share (\$0) to you.

Together, all the way.®



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

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This document shows the prescription medications and over-the-counter products available to you at no cost-share under PPACA. This list is updated as the U.S. Preventive Services Task Force makes new recommendations.²

Aspirin Products

aspirin tablet
aspirin EC
Aspir-Trin
Buffered Aspirin
Bufferin
children's chewable aspirin
Ecotrin
EcPirin
Lite Coat Aspirin
Low Dose Aspirin EC
Tri-Buffered Aspirin

Barrier Contraception

Caya Countoured
Conceptrol
FC2 Female Condom
Femcap
Gynol II
Today Contraceptive Sponge
VCF
Wide Seal Diaphragm

Bowel Prep Products for Colorectal Cancer Screenings

Available to adults 50-75 years of age

Alophen Pills
bisacodyl tablets
Bisa-Lax
citrate of magnesia
Citroma
ClearLax
ducodyl
Feminine Laxative
GaviLAX
GentleLax
Glycolax
Healthylax
LaxaClear
Laxative
milk of magnesia
MiraLax
Natura-Lax
oral saline laxative
PEG 3350
phosphate laxative
polyethylene glycol
PowderLax

PureLax
SmoothLAX
Women's Gentle Laxative
Women's Laxative

Breast Cancer Prevention

anastrozole
exemestane
raloxifene
tamoxifen
Soltamox

Cholesterol Related

Available to adults 40-75 years of age

atorvastatin 10mg, 20mg
fluvastatin
fluvastatin ER
lovastatin
pravastatin
rosuvastatin 5mg, 10mg
simvastatin 5mg, 10mg, 20mg, 40mg

Emergency Contraception

Aftera
Econtra EZ
Econtra One-Step
Ella
Fallback Solo
levonorgestrel
My Choice
My Way
New Day
Next Choice One Dose
Opicon One-Step
Option 2
Plan B One-Step
Take Action

Folic Acid Supplementation

Only for products containing 0.4 mg–0.8 mg of folic acid

Available to adults 50 years of age and younger

B Complex
Daily Prenatal
Dialyvite 800
folic acid
FolTabs 800

KPN
Perry Prenatal tablet
Prenatal
Prenatal Multi+DHA
Prenatal Vitamin
Rena-Vite
Super B Complex
Superplex-T
Vitamin B Complex
Vitamin B Complex with C

Hormonal Contraception^{3,4}

Afirmelle
Altavera
Alyacen
Amethia
Amethia Lo
Amethyst
Annovera
Apri
Aranelle
Ashlyna
Aubra
Aubra EQ
Aurovela
Aurovela 24 FE
Aurovela FE
Aviane
Ayuna
Azurette
Balcoltra
Balziva
Bekyree
Beyaz
Blisovi 24 FE
Blisovi FE
Brevicon
Briellyn
Camila
Camrese
Camrese Lo
Caziant
Charlotte 24 FE
Chateal
Chateal EQ
Cryselle
Cyclafem
Cyclessa
Cyred
Cyred EQ
Dasetta

Hormonal Contraception^{3,4}

(continued)

Daysee
Deblitane
Delyla
Depo-Provera
desogestrel-ethinyl estradiol
desogestrel-ethinyl estradiol ethinyl
estradiol
drospirenone-ethinyl estra-levomef
drospirenone-ethinyl estradiol
Elinest
Eluryng
Emoquette
Enpresse
Enskyce
Errin
Estarylla
ethynodiol-ethinyl estradiol
etonogestrel-ethinyl estradiol
Falmina
Fayosim
Femynor
Gianvi
Gildagia
Hailey
Hailey 24 FE
Hailey FE
Heather
Incassia
Introvale
Isibloom
Jaimiess
Jasmiel
Jencycla
Jolessa
Jolivette
Juleber
Junel
Junel FE
Junel FE 24
Kaitlib FE
Kalliga
Kariva
Kelnor 1-35
Kelnor 1-50
Kimidess
Kurvelo
Larin
Larin 24 FE
Larin FE
Larissia
Layolis FE
Leena

Lessina
Levonest
levonorgestrel-ethinyl estradiol
levonorgestrel-ethinyl estradiol
ethinyl estradiol
Levora-28
Lillow
Lo Loestrin FE
Lojaimiess
Lomedia 24 FE
Loryna
Low-Ogestrel
Lo-Zumandimine
Lutera
Lyza
Marlissa
medroxyprogesterone acetate
Melodetta 24 FE
Mibelas 24 FE
Microgestin
Microgestin 24 FE
Microgestin FE
Mili
Mono-Linyah
Mononessa
Myzilra
Natazia
Necon
Nikki
Nora-Be
norethindrone
norethindrone-ethinyl estradiol-FE
norethindrone-ethinyl estradiol
norethindrone-ethinyl estradiol-
ferrous fum
norgestimate-ethinyl estradiol
norgestrel-ethinyl estradiol
Norlyda
Norlyroc
Nortrel
Nuvaring
Ocella
Ogestrel
Orsythia
Ortho Micronor
Ortho-Cyclen
Ortho-Novum
Philith
Pimtrea
Pirmella
Portia
Previfem
Quasense
Rajani

Reclipsen
Rivelsa
Setlakin
Sharobel
Simliya
Simpesse
Slynd
Sprintec
Sronyx
Syeda
Tarina 24 FE
Tarina FE
Tarina FE 1-20 EQ
Taytulla
Tilia FE
Tri Femynor
Tri-Estarylla
Tri-Legest FE
Tri-Linyah
Tri-Lo-Estarylla
Tri-Lo-Marzia
Tri-Lo-Mili
Tri-Lo-Sprintec
Tri-Mili
Trinessa
Trinessa Lo
Tri-Norinyl
Tri-Previfem
Tri-Sprintec
Trivora-28
Tri-Vylibra
Tri-Vylibra Lo
Tulana
Twirla
Tydemy
Velivet
Vestura
Vienva
Viorele
Volnea
Vyfemla
Vylibra
Wera
Wymzya FE
Xulane
Yaz
Zarah
Zenchent
Zenchent FE
Zovia 1-35E
Zovia 1-50E
Zumandimine

Human Immunodeficiency Virus (HIV) Infection Pre-Exposure Prevention^{3,5}

emtricitabine/tenofovir (TDF)
200mg-300mg

Implantable Contraception

Kyleena
Liletta
Mirena
Nexplanon
Paragard
Skyla

Pediatric Multivitamins (containing fluoride and fluoride supplements)

Available to children six months – sixteen years of age

fluoride
Fluoritab
Ludent Fluoride
multivitamin with fluoride
MVC-Fluoride
Tri-Vitamin with Fluoride
Vitamins A,C,D & Fluoride

Smoking Cessation^{3,6}

Quantity limits apply

Available to adults 18 years of age and older

Nicorelief
Nicorette
Nicotine

nicotine gum
nicotine lozenge
nicotine patch
NTS
Quit 2
Quit 4
Stop Smoking Aid

Vaccines⁷

ActHIB
Adacel Tdap
Afluria Quad
Bexsero
Boostrix Tdap
Daptacel DTaP
diphtheria-tetanus toxoids-ped
Engerix-B
Fluad
Fluarix Quad
Flublok Quad
Flucelvax Quad
Flulaval Quad
FluMist Quad Nasal
Fluzone High-Dose
Fluzone Quad
Gardasil 9
Havrix
Heplisav-B
Hiberix
Infanrix DTaP
IPOL
Kinrix
Menactra
Menveo A-C-Y-W-135-DIP
M-M-R II
Pediarix

PedvaxHIB
Pentacel
Pneumovax 23
Prenar 13
ProQuad
Quadracel DTaP-IPV
Recombivax HB
Rotarix
RotaTaq
Shingrix
TdVax
Tenivac
Trumenba
Twinrix
Vaqta
Varivax
Zostavax

Brand name medications are capitalized and generic medications are lowercase.



1. This is a list of the medications and other products covered at 100% under the plan's pharmacy benefit at this time, based on existing legal requirements, and is subject to plan terms like limitations and exclusions. For example, if legal requirements for preventive coverage changes, then this list may change.
2. PPACA coverage requirements don't apply to all plans. Log in to the **myCigna** App or website, or check your plan materials, to find out how your plan covers these medications and if you have a cost-share to fill them.
3. If your doctor feels these medications aren't right for you, ask him/her to call us. There may be other brands available at no cost-share to you.
4. Generic hormonal contraceptives are available at no cost-share to you, even though they may not be listed here.
5. These medications are only covered at 100% if used alone instead of in combination with other HIV medications.
6. Generic nicotine replacement therapy (known as "store-brands") are available at no cost-share to you, even though they may not be listed here.
7. Not all plans will cover vaccines in the same way. Log in to the myCigna App or website, or check your plan materials, to find out how your specific plan covers them. You can also see a current list of covered vaccines and pharmacies in your plan's network. Most immunizations for travel aren't covered. Call your pharmacy to make sure the vaccine is covered and available at their location. You shouldn't need to make an appointment to get a vaccination. If you use an out-of-network pharmacy, services may not be covered or may be subject to your plan's copay, coinsurance or deductible.

Cigna reserves the right to make changes to this drug list without notice. Your plan may cover additional medications; please refer to your enrollment materials for details. Cigna does not take responsibility for any medication decisions made by the doctor or pharmacist. Cigna may receive payments from manufacturers of certain preferred brand medications, and in limited instances, certain non-preferred brand medications, that may or may not be shared with your plan depending on its arrangement with Cigna. Depending upon plan design, market conditions, the extent to which manufacturer payments are shared with your plan and other factors as of the date of service, the preferred brand medication may or may not represent the lowest-cost brand medication within its class for you and/or your plan.

Health benefit plans vary, but in general to be eligible for coverage a drug must be approved by the Food and Drug Administration (FDA), prescribed by a health care professional, purchased from a licensed pharmacy and medically necessary. If your plan provides coverage for certain prescription drugs with no cost-share, you may be required to use an in-network pharmacy to fill the prescription. If you use a pharmacy that does not participate in your plan's network, your prescription may not be covered, or reimbursement may be limited by your plan's copayment, coinsurance or deductible requirements. Certain features described in this document may not be applicable to your specific health plan, and plan features may vary by location and plan type. Refer to your plan documents for costs and complete details of your plan's prescription drug coverage.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, review your plan documents or contact a Cigna representative.

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DISCRIMINATION IS AGAINST THE LAW

Medical coverage

Cigna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Cigna does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Cigna:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact customer service at the toll-free number shown on your ID card, and ask a Customer Service Associate for assistance.

If you believe that Cigna has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by sending an email to ACAGrievance@Cigna.com or by writing to the following address:

Cigna
Nondiscrimination Complaint Coordinator
PO Box 188016
Chattanooga, TN 37422

If you need assistance filing a written grievance, please call the number on the back of your ID card or send an email to ACAGrievance@Cigna.com. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, DC 20201
1.800.368.1019, 800.537.7697 (TDD)
Complaint forms are available at
<http://www.hhs.gov/ocr/office/file/index.html>.



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Proficiency of Language Assistance Services

English – ATTENTION: Language assistance services, free of charge, are available to you. For current Cigna customers, call the number on the back of your ID card. Otherwise, call 1.800.244.6224 (TTY: Dial 711).

Spanish – ATENCIÓN: Hay servicios de asistencia de idiomas, sin cargo, a su disposición. Si es un cliente actual de Cigna, llame al número que figura en el reverso de su tarjeta de identificación. Si no lo es, llame al 1.800.244.6224 (los usuarios de TTY deben llamar al 711).

Chinese – 注意：我們可為您免費提供語言協助服務。對於 Cigna 的現有客戶，請致電您的 ID 卡背面的號碼。其他客戶請致電 1.800.244.6224（聽障專線：請撥 711）。

Vietnamese – XIN LỜI Ý: Quý vị được cấp dịch vụ trợ giúp về ngôn ngữ miễn phí. Dành cho khách hàng hiện tại của Cigna, vui lòng gọi số ở mặt sau thẻ Hội viên. Các trường hợp khác xin gọi số 1.800.244.6224 (TTY: Quay số 711).

Korean – 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 현재 Cigna 가입자님들께서는 ID 카드 뒷면에 있는 전화번호로 연락해주시십시오. 기타 다른 경우에는 1.800.244.6224 (TTY: 다이얼 711)번으로 전화해주시십시오.

Tagalog – PAUNAWA: Makakakuha ka ng mga serbisyo sa tulong sa wika nang libre. Para sa mga kasalukuyang customer ng Cigna, tawagan ang numero sa likuran ng iyong ID card. O kaya, tumawag sa 1.800.244.6224 (TTY: I-dial ang 711).

Russian – ВНИМАНИЕ: вам могут предоставить бесплатные услуги перевода. Если вы уже участвуете в плане Cigna, позвоните по номеру, указанному на обратной стороне вашей идентификационной карточки участника плана. Если вы не являетесь участником одного из наших планов, позвоните по номеру 1.800.244.6224 (TTY: 711).

Arabic – برجاء الانتباه خدمات الترجمة المجانية متاحة لكم. لعملاء Cigna الحاليين برجاء الاتصال بالرقم المدون علي ظهر بطاقتكم الشخصية. او اتصل ب 1.800.244.6224 (TTY: اتصل ب 711).

French Creole – ATANSYON: Gen sèvis èd nan lang ki disponib gratis pou ou. Pou kliyan Cigna yo, rele nimewo ki dèyè kat ID ou. Sinon, rele nimewo 1.800.244.6224 (TTY: Rele 711).

French – ATTENTION: Des services d'aide linguistique vous sont proposés gratuitement. Si vous êtes un client actuel de Cigna, veuillez appeler le numéro indiqué au verso de votre carte d'identité. Sinon, veuillez appeler le numéro 1.800.244.6224 (ATS : composez le numéro 711).

Portuguese – ATENÇÃO: Tem ao seu dispor serviços de assistência linguística, totalmente gratuitos. Para clientes Cigna atuais, ligue para o número que se encontra no verso do seu cartão de identificação. Caso contrário, ligue para 1.800.244.6224 (Dispositivos TTY: marque 711).

Polish – UWAGA: w celu skorzystania z dostępnej, bezpłatnej pomocy językowej, obecni klienci firmy Cigna mogą dzwonić pod numer podany na odwrocie karty identyfikacyjnej. Wszystkie inne osoby prosimy o skorzystanie z numeru 1 800 244 6224 (TTY: wybierz 711).

Japanese – 注意事項: 日本語を話される場合、無料の言語支援サービスをご利用いただけます。現在のCignaのお客様は、IDカード裏面の電話番号まで、お電話にてご連絡ください。その他の方は、1.800.244.6224 (TTY: 711)まで、お電話にてご連絡ください。

Italian – ATTENZIONE: Sono disponibili servizi di assistenza linguistica gratuiti. Per i clienti Cigna attuali, chiamare il numero sul retro della tessera di identificazione. In caso contrario, chiamare il numero 1.800.244.6224 (utenti TTY: chiamare il numero 711).

German – ACHTUNG: Die Leistungen der Sprachunterstützung stehen Ihnen kostenlos zur Verfügung. Wenn Sie gegenwärtiger Cigna-Kunde sind, rufen Sie bitte die Nummer auf der Rückseite Ihrer Krankenversicherungskarte an. Andernfalls rufen Sie 1.800.244.6224 an (TTY: Wählen Sie 711).

Persian (Farsi) – توجه: خدمات کمک زبانی، به صورت رایگان به شما ارائه می‌شود. برای مشتریان فعلی Cigna، لطفاً با شماره‌ای که در پشت کارت شناسایی شماست تماس بگیرید. در غیر اینصورت با شماره 1.800.244.6224 (شماره تلفن ویژه ناشنوايان: شماره 711 را شماره‌گیری کنید).