

# Pharmacy support

You've got options to manage your medication.

Taking your prescription medication is important for controlling chronic conditions, treating temporary ones and keeping up with your overall health and well-being. That's why Cigna Healthcare® individual and family insurance plans offer choices that may help you spend less and stay healthier.

## Pickup or delivery? Either way, you save.

Get maintenance medications through our participating pharmacy networks or through home delivery with Express Scripts Pharmacy®, a Cigna Healthcare company. Contact a licensed pharmacist 24/7 for any questions you may have.

**Pickup:** Find a local retail pharmacy in the Cigna Healthcare Walgreens Advantage Network<sup>1</sup> and have your prescriptions sent there.

**Delivery:** With Express Scripts Pharmacy, you can get your medication shipped to your home at no extra cost. Plus, get up to a 90-day supply at one time.<sup>2</sup>

**Accredo®:** Certain medications may also be shipped from Accredo, our specialty pharmacy, which is focused on supporting patients living with complex medical conditions. Accredo has a team of people to help you find ways to pay for your medications, such as applying for third-party **copay assistance programs**.

## Get extra savings for chronic condition medications, services and care.

When it comes to chronic conditions, medication matters big time. That's why we offer insurance plans and programs to help keep you healthy and costs down.

**myDiabetes Care plans:** You pay \$0 out of pocket for a 30-day supply of covered, eligible insulin and diabetes medications—plus, nutritional counseling and certain lab work, exams and diabetic supplies.<sup>3</sup>

**Patient Assurance Program:** For all other Cigna Healthcare plans, you can reduce costs with this program and pay no more than \$25 for a 30-day supply (or \$75 for a 90-day supply) of covered, eligible insulin and certain other diabetes medications.<sup>4</sup>

**myHeart Care plans:** Cigna Healthcare is offering \$0 heart health benefits for certain medications and cardiac ECGs, cardiac panels and cardiac rehabilitation.

**Asthma/COPD:** In 2026, select Bronze plans will enjoy a new benefit: a copay cap maximum benefit. Tier 2 medications will be \$20 and tier 3 medications at \$95 with deductible waived. Spacers and peak flow meters at \$0, deductible waived. Spacers and flow meters are only filled once a year.

## Individual and Family Plans


Offered by Cigna Health and Life Insurance Company or its affiliates.

## Prescription support when you need it.

Sometimes medications can be confusing. To help you better understand your prescriptions, the Cigna Healthcare pharmacy plan provides you with one-on-one guidance and support from a team of pharmacists from Express Scripts®.<sup>5</sup>

The program includes:

- Help understanding a medication and why it was prescribed
- Support with finding lower-cost alternatives
- Help understanding possible side effects and how to identify and manage them

 **Need to talk to a pharmacist? Call the number on your prescription ID card to be connected with a specially trained pharmacist from Express Scripts. Call as often as you need to. All conversations are confidential.**



1. Walgreens Advantage Network applies to all markets with the exception of TX and VA. TX and VA will have access to the Cigna 90 Now CVS Network, with access to a 30-day supply of a medication at any in-network retail pharmacy and the ability to obtain a 90-day supply at 90-day contracted retail pharmacies.

2. Tier 5 medications are limited to a 30-day supply in all states except NC, where Tier 5 medications are allowed up to a 90-day supply.

3. Refer to plan documents for a description of equipment, supplies, select tests and services that are covered through these plans. myDiabetesCare and myHeartCare plans not available in all states, please consult your plan documents.

4. Discounts available with the patient assurance program. \$25 is the maximum out-of-pocket cost for a 30-day supply of covered, eligible insulin and some non-insulin medications.

5. Cigna Healthcare and Express Scripts are part of The Cigna Group. We work together to serve your health, wellness and pharmacy needs. You don't have to use Express Scripts® Pharmacy to talk with a pharmacist. They're available to you at no extra cost through your Cigna Healthcare pharmacy plan.

Product availability may vary by location and plan type and is subject to change. All 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 Healthcare representative.

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