

Individual and Family Plans

Cigna Health and Life Insurance Company,
Cigna HealthCare of Arizona, Inc.,
Cigna HealthCare of Illinois, Inc., and
Cigna HealthCare of North Carolina, Inc.

PPACA NO COST-SHARE PREVENTIVE MEDICATIONS

by drug category

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 provide 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 medicines (available without a prescription) and products 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.

You should log into the **myCigna**[®] app or website, or check your plan materials to learn more about how your plan covers preventive medications.

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 medication 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 not on this list that may be available to you at no cost-share. **Please be sure to get a prescription from your doctor for your preventive medication or over-the-counter product.** Your pharmacy will need a prescription for the medication to process at no cost (\$0) to you.

Together, all the way.[®]



This document shows the prescription medications and over-the-counter medicines and 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.

Aspirin Products

Adult Aspirin Regimen
Aspirin 81
aspirin
aspirin EC
Aspirin-Low
Bayer Chewable Aspirin
Ecotrin
EcPirin
Lite Coat Aspirin
Low Dose Aspirin EC
St. Joseph Aspirin

Breast Cancer Prevention

raloxifene
tamoxifen

Barrier Contraception

Caya Contoured
FC2 Female Condom
FemCap
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 tablet
Bisa-Lax
Clearlax
Clenpiq
CoLyte With Flavor
Packets
Correctol
Ducodyl
Dulcolax tablet
Gavilax
Gavilyte-C
Gavilyte-G
Gavilyte-N
Gentle Laxative tablet

GentleLax
Gialax
Glycolax
GoLytely
Healthylax
LaxaClear
Miralax
MoviPrep
Natura-Lax
Nulytely With Flavor
Packs
OsmoPrep
PEG 3350-Electrolyte
PEG 3350
PEG-Prep
Powderlax
Prepopik
Purelax
Smoothlax
Suprep
Trilyte With Flavor
Packets
Woman's Laxative

Cholesterol Medications

Available to adults
40-75 years of age

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

Emergency Contraception

Aftera
Econtra EZ
Econtra One-Step
Ella
levonorgestrel
My Choice
My Way
New Day
Opcicon One-Step
Option 2
Take Action

Folic Acid Supplementation

Only includes products
containing 0.4 mg-0.8
mg of folic acid

Daily Prenatal
FA-8
folic acid 400mcg
and 800mcg
KPN
One Daily Prenatal
Perry Prenatal
Prenatal
Prenatal Complete
Prenatal Formula
Prenatal Formula-DHA
Prenatal Multi + DHA
Prenatal Multivitamin
Prenatal
Multivitamin-DHA
Prenatal Vitamin
Urosex

Hormonal Contraception^{^*}

Altavera
Alyacen
Amethia
Amethia Lo
Amethyst
Apri
Aranelle
Ashlyna
Aubra
Aubra EQ
Aviane
Azurette
Balziva
Bekyree
Blisovi 24 FE
Blisovi FE
Briellyn
Camila
Camrese
Camrese Lo
Caziant
Chateal
Cryselle
Cyclafem

Cyred
Cyred EQ
Dasetta
Daysee
Deblitane
Delyla
desogestrel-ethinyl
estradiol
drospirenone-ethinyl
estradiol
drospirenone-ethinyl
estradiol-levomefolate
Elinest
Emoquette
Enpresse
Enskyce
Errin
Estarylla
ethynodiol-ethinyl
estradiol
Falmina
Fayosim
Femynor
Gianvi
Hailey 24 FE
Heather
Incassia
Introvale
Isibloom
Jencycla
Jolessa
Jolivette
Juleber
Junel
Junel FE
Junel FE 24
Kaitlib FE
Kariva
Kelnor 1-35
Kelnor 1-50
Kurvelo
Larin
Larin 24 FE
Larin FE
Larissia
Leena
Lessina
Levonest
levonorgestrel-ethinyl
estradiol

Hormonal Contraception^{^*}

(continued)

levonorgestrel-ethinyl
estradiol-ethinyl
estradiol
Levora-28
Lillow
Loryna
Low-Ogestrel
Lutera
Lyza
Marlissa
Melodetta 24 FE
Mibelas 24 FE
Microgestin
Microgestin FE
Mili
Mono-Linyah
Mononessa
Myzilra
Necon
Nikki
Nora-Be
norethindrone
norethindrone-ethinyl
estradiol
norethindrone-ethinyl
estradiol-FE
norgestimate-ethinyl
estradiol
Norlyda
Norlyroc
Nortrel
NuvaRing
Ocella
Orsythia
Philith
Pimtrea
Pirmella
Portia
Previfem
Reclipsen
Rivelsa
Setlakin
Sharobel
Sprintec
Sronyx
Syeda
Tarina FE
Tarina FE 1-20 EQ
Tilia FE
Tri Femynor

Tri-Estarylla
Tri-Legest FE
Tri-Linyah
Tri-Lo-Estarylla
Tri-Lo-Marzia
Tri-Lo-Sprintec
Tri-Mili
Tri-Previfem
Tri-Sprintec
Trivora-28
Tri-Vylibra
Tri-Vylibra Lo
Tulana
Tydemy
Velivet
Vienva
Viorele
Vyfemla
Vylibra
Wera
Wymzya FE
Xulane
Zarah
Zovia 1-35e

[^] 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

^{*} Generic hormonal contraceptives are available at no cost-share to you, even though they may not be listed here

Pediatric Multivitamins Containing Fluoride and Fluoride Supplements

Available to children six months – sixteen years of age

Escavite
Escavite D
Floriva
Fluorabon
fluoride
Fluoritab
Flura-Drops
Ludent Fluoride
Multivitamin-
Iron-Fluoride
MVC-fluoride

Poly-Vi-Flor
Poly-Vi-Flor With Iron
Polyvitamins with
Fluoride
Quflora
sodium fluoride
Tri-Vi-flor
Tri-Vitamin With Fluoride
Tri-Vite With Fluoride

Smoking Cessation^{†^*}

bupropion SR 150mg
Nicoderm CQ
Nicorelief
Nicorette
nicotine gum
nicotine lozenge
nicotine patch
Quit 2
Quit 4
Stop Smoking Aid

[†] Quantity limits apply.

[^] 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.

^{*} Generic nicotine replacement therapy (known as "store-brands" are available at no cost-share to you, even though they may not be listed here).

Vaccines*

For plans renewing on 2/1/20 and later, on your plan's renewal date vaccines will be covered under the pharmacy benefit.* You should call your pharmacy to make sure your vaccine is covered and available at their location. You shouldn't need to make an appointment to get a vaccine.

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
Fluzone Quad Pedi
Gardasil 9
Havrix
Heplisav-B
Hiberix
Infanrix DTaP
Ipol
Kinrix
Menactra
Menveo A-C-Y-W-135-DIP
M-M-R II
Pediarix
PevdaxHIB
Pentacel
Pneumovax 23
Prevnar 13
ProQuad
Quadracel DTaP-IPV
Recombivax HB
Rotarix
RotaTaq
Shingrix
TdVax
Tenivac
Trumenba
Twinrix
Vaqta
Varivax
Zostavax



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.

Medical insurance policies/service agreements contain exclusions and limitations. 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 policy/service agreement provides coverage for certain prescription drugs with no cost-share, you may be required to use an in-network pharmacy to fill or purchase 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. Refer to your plan documents for costs and complete details of your plan's prescription drug coverage.

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.

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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).