

Five things to remember.

Get the most from your pharmacy benefits.

1. Use the myCigna® App¹ and myCigna.com®

24/7 access to your coverage information

- Find out how much your medication costs
- See which medications your plan covers
- Find an in-network pharmacy
- Order, manage, track and pay for your home delivery prescription orders²
- Ask a pharmacist a question
- See your pharmacy claims and coverage details

2. Compare your medication costs online.

When you and your doctor are considering the right medication for your treatment, knowing how much it costs, what lower-cost alternatives are available and which pharmacies offer the best prices can help you avoid surprises. Log in to **myCigna** and use the Price a Medication tool to see how much your medication costs before you get to the pharmacy counter – or, even before you leave your doctor's office.³

3. Go generic and save money.

Generics work in the same way and provide the same clinical benefit as their brand-name versions. They have the same active ingredients, strength, dosage, effectiveness, quality, and safety – and they typically cost 85% less.⁴ Just because generics cost less than brands, it doesn't mean they're lower-quality.

4. Make fills easier with a 90-day supply.⁵

- **Make fewer trips** to the pharmacy for refills – fill four times a year instead of every month
- **Choose your pharmacy** – use select in-network retail pharmacies or home delivery with Express Scripts® Pharmacy
- **Stay on track with your medication routine to stay healthy** – with a 90-day supply on hand, you're less likely to miss a dose⁶

5. Use Accredo to help manage a complex medical condition

If you're using a specialty medication, Accredo® can help. They can provide you with the personalized care and support you need to manage your therapy – at no extra cost.

- **24/7 access** to specialty-trained pharmacists and nurses
- **Personalized** care services
- **Manage your medications online** and track your orders
- Fast shipping, at **no extra cost**⁷
- **Easy refills** and free reminders
- Help you **find ways to pay** for your medications

To learn more, go to **Cigna.com/specialty**.





This information is for educational purposes only and is not an insurance solicitation.

1. App/online store terms and mobile phone carrier/data charges apply. Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com.
2. Log in to the myCigna App or myCigna.com, or check your plan materials, to learn more about the pharmacies in your plan's network. Cigna Healthcare maintains an ownership interest in Express Scripts® Pharmacy's home delivery services and Accredo's specialty pharmacy services. However, you have the right to fill prescriptions at any pharmacy in your plan's network. You won't be penalized regardless of where you fill your prescriptions.
3. Prices shown on myCigna are not guaranteed, and coverage is subject to your plan terms and conditions. Visit myCigna for more information.
4. U.S. Food and Drug Administration (FDA) website, "Generic Drugs: Questions and Answers." Last updated 03/16/21. <https://www.fda.gov/drugs/questions-answers/generic-drugs-questions-answers>.
5. Tier 5 medications are limited to a 30-day supply.
6. Internal Cigna Healthcare analysis performed January 2019, utilizing 2018 Cigna Healthcare national book of business average medication adherence (customer adherent > 80% proportion days covered), 90-day supply vs. those who received a 30-day supply taking antidiabetics, blood pressure medications, and statins.
7. Standard shipping costs are included as part of your prescription plan.

Para obtener ayuda en español llame al número en su tarjeta de Cigna Healthcare.

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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