Five Things to Remember

Get the most from your pharmacy benefits.

1. Use the myCigna® App[1] 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 orders[2]
- 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. Get medications sent to your home with Express Scripts® Pharmacy

Home delivery is simple and safe - and saves you trips to the pharmacy

- **Easily order, manage, track and pay for your medications** on your phone or online
- Standard shipping at **no extra cost**[5]
- Fill up to a **90-day supply** at one time[6]
- **Helpful pharmacists** available 24/7
- **Automatic refills** or refill reminders so you don't miss a dose[7]
- **Flexible** payment options

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

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**
- **Easy refills** and free reminders
- Help you **find ways to pay** for your medications

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

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All sources and disclosures appear at the end of this document.

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Offered by Cigna Health and Life Insurance Company, or its affiliates.
In Utah, plans are offered by Cigna Health and Life Insurance Company.



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. Not all plans offer Express Scripts® Pharmacy and Accredo as covered pharmacy options. 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. Standard shipping costs are included as part of your prescription plan.
6. Certain medications may only be packaged in less than a 90-day supply. For example, three packages of oral contraceptives equal an 84-day supply. Even though it's not a "90-day supply," it's still considered a 90-day prescription.
7. Express Scripts® Pharmacy can automatically refill certain medications. Log in to the myCigna App or website, or call 800.835.3784, to sign up. You can sign up to get emails and/or texts from Express Scripts® Pharmacy. To get text messages, you'll have to sign up for Express Scripts' texting service. You can do this online or when you call 800.835.3784 to refill your prescription. Once you sign up, simply reply to their welcome text to get started. Standard text messaging rates apply.

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 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 Healthcare representative.

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