

## Use myCigna®

### 24/7 access to your coverage information

- Access your Cigna Healthcare<sup>SM</sup> ID card online
- 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<sup>1</sup>
- Ask a pharmacist a question
- See your pharmacy claims and coverage details

### Make fills easier with a 90-day supply<sup>2</sup>

- **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 dose<sup>3</sup>

# Your pharmacy benefit



## Contact us

Express Scripts® Pharmacy  
**800.835.3784**

Accredo  
**877.826.7657**

Customer service – 24/7

- By phone:  
**866.494.2111**  
or the number on your ID card

- Click to chat:  
**myCigna.com®**,  
Monday-Friday, 9:00 am-8:00 pm EST

## Use Accredo to help manage a complex medical condition

Get the personalized care and support you need to manage your therapy

- **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**<sup>4</sup>
- **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. 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.

2. Tier 5 medications are limited to a 30-day supply.

3. 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.

4. 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 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. Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group, including Cigna Health and Life Insurance Company, Cigna HealthCare of Arizona, Inc., Cigna HealthCare of Georgia, Inc., Cigna HealthCare of Illinois, Inc., Cigna HealthCare of North Carolina, Inc., Cigna HealthCare of Texas, Inc. and Express Scripts, Inc.

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