

# Take control of your medication fills.



Choose how often and where you want to fill your prescriptions.

Having options can help make the things you do on a regular basis a little easier – such as refilling your prescriptions. With the Cigna 90 Now<sup>SM</sup> program, you decide how and where you fill your maintenance medications.

## Choose how much you want to fill.

- **30-day supply.** You have the option of switching to a 90-day (or 3-month) supply at any time.<sup>1</sup>
- **90-day (or 3-month) supply.**<sup>2</sup> You'll make fewer trips to the pharmacy for refills (four times a year instead of every month). And you're more likely to stay healthy – with a 90-day supply on hand, you're less likely to miss a dose.<sup>3</sup>

## Choose where you want to fill.

### Retail pharmacies

There are thousands of pharmacies in your network – including local independent pharmacies, grocery stores, retail chains and wholesale warehouse stores. To find an in-network pharmacy near you, log in to the **myCigna® App**<sup>4</sup> or **myCigna.com**<sup>®</sup>.

- Every pharmacy in your network can fill **30-day** prescriptions.
- Select retail pharmacies can fill **90-day** prescriptions. For example, **CVS Pharmacy**<sup>®</sup> is approved to fill 90-day supplies. If you choose to fill this amount, make sure you use an approved pharmacy.

### Home delivery with Express Scripts® Pharmacy<sup>5</sup>

Home delivery is a convenient option when you're taking a medication on a regular basis. It's simple, safe – and saves you trips to the pharmacy.



### What are maintenance medications?

They're the medications you take on a regular basis to treat an ongoing health condition, such as asthma, diabetes, high blood pressure or high cholesterol.

By choosing home delivery, you can:

- **Easily manage** your medications from your phone or online
- Get standard shipping **at no extra cost**<sup>6</sup>
- Fill up to a **90-day supply** at one time
- Talk to **helpful pharmacists**, 24/7

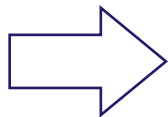
To learn more, go to **Cigna.com/homedelivery**.



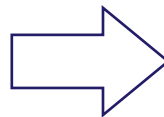
## How to fill a 90-day supply.



**Ask your doctor for a 90-day prescription (with refills).**



**Ask their office to send it electronically to an approved in-network retail pharmacy or to Express Scripts® Home Delivery.**

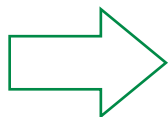


**Get your 90-day supply of medication. You'll fill again in 3 months.**

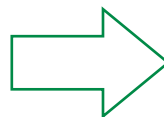
## How to fill a 30-day supply.



**Ask your doctor for a 30-day prescription.**



**Ask their office to send it electronically to any in-network retail pharmacy.**



**Get your 30-day supply of medication. You'll fill again in a month.**



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

1. Tier 5 medications are limited to a 30-day supply in all states.
2. 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.
3. Internal Cigna Healthcare analysis performed Jan 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. 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.
5. 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. 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.
6. 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.**

Health benefit plans vary, but in general 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. Refer to your plan documents for costs and complete details of your plan's prescription drug coverage.

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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