

90-DAY PRESCRIPTION FILLS

Filling your medications
just got easier with the
Cigna 90 Now Program



You have a lot going on. Remembering to pick up your refill each month isn't always easy. We have a program that can help – it's called Cigna 90 Now.

The **Cigna 90 NowSM** program makes it easier for you to fill your maintenance medications. These are the medications you take on a regular basis to treat an ongoing health condition like asthma, diabetes, high blood pressure or high cholesterol. With the Cigna 90 Now program, you have the choice of how and where you want to fill your prescriptions.

You choose the amount. A 30-day or 90-day supply.

- › If you choose to fill a 30-day supply, you can use any retail pharmacy in your plan's network. You have the option of switching to a 90-day supply at any time.



A 90-day supply helps make life easier

You'll make fewer trips to the pharmacy for refills. And you're more likely to stay healthy because with a 90-day supply on-hand, you're less likely to miss a dose.³

- › If you choose to fill a 90-day (or 3-month) supply,¹ you can use select in-network retail pharmacies that are approved to fill 90-day prescriptions. You also have the option to use Express Scripts Pharmacy[®], our home delivery pharmacy (if your plan allows).²

You choose the pharmacy. Retail or home delivery.²

There are thousands of retail pharmacies in your plan's network. They include local pharmacies, grocery stores, retail chains and wholesale warehouse stores – all places where you may already shop. **Every pharmacy in your plan's network can fill 30-day prescriptions, and a select number of pharmacies can fill 90-day prescriptions.** Here are some of the retail pharmacies in your plan's network that can fill a 90-day prescription.⁴ To see a full list, go to **Cigna.com/Rx90network**.

- › **CVS** (including Target and Navarro)
- › **Walmart** (including Sam's Club)
- › **Kroger** (including Ralphs, Food 4 Less, Harris Teeter Pharmacy, Pick N Save Pharmacy, Fred Meyer Pharmacy, Fry's Food and Drug)
- › **Albertson's/Safeway**
- › **Publix**
- › **Weis Markets**

Together, all the way.[®]



Offered by Cigna Health and Life Insurance Company or its affiliates.

Consider using Express Scripts Pharmacy.² They help make things easy by putting everything at your fingertips.

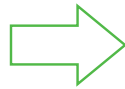
Home delivery is a convenient option when you're taking a medication on a regular basis. With just a few simple clicks of your mobile phone, tablet or computer, your important medications will be on their way to your door (or location of your choice). To learn more, go to [Cigna.com/homedelivery](https://www.cigna.com/homedelivery). To get started using home delivery, go to my.cigna.com/choosehomedelivery and follow the online instructions for how to move your prescription from your retail pharmacy.

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

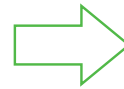
90-Day Fills



Ask your doctor for a 90-day prescription with refills



Have the office send your prescription electronically to an in-network retail pharmacy approved to fill 90-day supplies or to Express Scripts Home Delivery.²



Get a 90-day (or 3-month) supply for convenience

30-Day Fills



Ask your doctor for a 30-day prescription



Have the office send your prescription electronically to any retail pharmacy in your plan's network



Get your medication

1. Some medications aren't available in a 90-day supply and may only be packaged in lesser amounts. 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.

2. Not all plans offer home delivery as a covered pharmacy option. Please log in to the myCigna App or website, or check your plan materials, to learn more about the pharmacies in your plan's network.

3. Internal Cigna analysis performed Jan 2019, utilizing 2018 Cigna national book of business average medication adherence (customer adherent > 80% PDC), 90-day supply vs. those who received a 30-day supply taking antidiabetics, RAS antagonist and statins.

4. Participating Cigna 90 Now pharmacies as of January 2020. Subject to change.

5. Standard shipping costs are included as part of your prescription plan.

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

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. If your plan provides coverage for certain prescription drugs with no cost-share, you may be required to use an in-network pharmacy to fill 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.

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 representative.

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