

YOUR PHARMACY BENEFITS



Get the most from your plan's coverage.

Under your plan, both your covered medical and prescription medication costs count towards your plan's deductible and out-of-pocket maximum.

How your pharmacy benefits work.

When you fill a prescription at an in-network pharmacy, what you pay depends on your cost-share for the medication and your annual deductible (the amount you pay out of your own pocket for covered services before your plan starts covering part of the costs).¹ Once you meet your deductible, for the rest of the plan year, you'll pay a copay or coinsurance for covered services, while your plan pays the rest.

If you're enrolled in a Health Reimbursement Account (HRA) or Health Savings Account (HSA) plan through Cigna, you may be able to use your funds to help pay for your eligible out-of-pocket expenses. Review your plan materials for more information.

Save money by choosing a generic.

When it comes to prescription medications, you and your doctor usually have a choice between a brand name medication and its generic equivalent. Generics offer the same strength and active ingredients as the brand name medication but often cost much less – in some cases, up to 85% less.²

Use the myCigna® App or website. 24/7 access to your coverage information.

- › Find out how much your medication costs³
- › See which medications your plan covers
- › Find an in-network pharmacy
- › Ask a pharmacist a question
- › See your pharmacy claims and coverage details
- › Manage your home delivery prescription orders⁴

Questions?

Call the number on your Cigna ID card. You can also chat with us online on the **myCigna** website, Monday–Friday, 9:00 am–8:00 pm EST.

1. Some plans don't have a deductible for preventive medications. Log in to the myCigna app or website, or check your plan materials, to find out how your plan covers preventive medications.
2. U.S. Food and Drug Administration (FDA) website, "Generic Drug Facts." Last updated 06/01/18.
3. Prices shown on myCigna are not guaranteed and coverage is subject to your plan terms and conditions. Visit myCigna for more information.
4. 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.

Together, all the way.®



Offered by: Cigna Health and Life Insurance Company.

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.

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WELCOME TO CIGNA HOME DELIVERY PHARMACY

Get medications delivered to your door, and more.

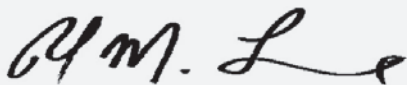
At Cigna Home Delivery PharmacySM we have one mission – we're dedicated to helping people improve their health and well-being.

As chief pharmacist, I am honored to be part of a team that provides our customers with an integral part of their health care needs. Cigna Home Delivery Pharmacy addresses health concerns at an individual level through the efforts of both our pharmacists and support staff.

We work continuously to improve your experience through accurate and fast delivery of your prescriptions. Our pharmacists are available 24/7 to help you understand your medication and discuss your therapy. At Cigna Home Delivery Pharmacy, improving your health is our focus.

Along with hundreds of thousands of other Cigna customers, you can trust us for your prescription medication needs.

Sincerely,



Paul Lynne, RPh

Chief Pharmacist
Cigna Home Delivery Pharmacy

Cigna Home Delivery Pharmacy offers you convenience and quality you can trust.

It's a great choice if you're taking a medication every day to treat an ongoing condition like:

- › Allergies
- › Anxiety
- › Asthma
- › Birth control
- › Diabetes
- › High blood pressure
- › High cholesterol
- › Many others

Why choose home delivery?

- › **Convenience.** Don't waste time standing in line at the pharmacy. We'll ship your medication to you. We provide free standard delivery to your home or work address within the United States.
- › **Easy refills.** Fill up to a 90-day supply of your medication at one time, so you fill less often.
- › **Free refill reminders.** We'll send you refill reminders by email to help make sure you don't miss a dose.
- › **Track your orders.** You can refill your medication and track your orders on the myCigna® app or website.
- › **24/7 access to licensed pharmacists.** If you have a medication question, you can talk with a pharmacist anytime, day or night.

Together, all the way.®



Manage your medications online with myCigna.

Log in to the **myCigna** App or website to get information about your prescription medications.

- › **Refill prescriptions.** Ordering is fast and easy. You can sign up for automatic refills on select medications you take every day. This service fills your prescriptions just when you need them. And, you can cancel or delay delivery anytime.
- › **View medication costs.** Use the Price a Medication feature to find out how much you'll pay for your prescriptions before you place your order.*
- › **View your orders.** Check your order status and track shipments so you know when you should get your medication.
- › **Update profile information.** Let us know how you'd like us to contact you, what your contact information is and what allergies you have.

Choose the ordering method that's best for you.

For new orders, please allow 7-10 business days from the time we receive your request. Refills take less time to process. Overnight delivery is available.

Electronic:

1. For fastest service, ask your doctor to send your prescription electronically to Cigna Home Delivery Pharmacy.
2. Call **800.835.3784**. Be sure to have your Cigna ID number and shipping and billing information ready when you call. We'll set up your profile for you.

Phone:

1. Call **800.835.3784**.
2. Have this information ready when you call:
 - › Your name and Cigna ID number
 - › The name(s) and dosage(s) of your medications
 - › Your doctor's name and phone number
 - › Your credit card information (American Express, Discover, MasterCard or Visa)
3. We'll call your doctor's office to get a 90-day prescription, with refills.



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KNOW WHICH MEDICATIONS YOUR PLAN COVERS

View your drug list 24/7 at Cigna.com/druglist

Together, all the way.®

Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, or their affiliates.

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Whether you're taking medications now or in the future, it's important to know which medications your plan covers. Cigna makes it easy by providing up-to-date drug lists online.

Follow these simple steps to find out how your plan covers your medication(s).

- 1.** Go to **Cigna.com/druglist**
- 2.** Select **Advantage 3 Tier** drug list from the drop down menu
- 3.** Choose a search method: Type in your medication name and click **Search**, or look for your medication name in the alphabetical list.



Your plan uses the
Advantage 3 Tier drug list

Visit Cigna.com/druglist from any computer or mobile device. Try it today!

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SPECIALTY DRUG LIST



Starting July 1, 2020

Specialty medications are used to treat complex medical conditions like multiple sclerosis, hepatitis C and rheumatoid arthritis.

About this drug list.

This document shows the most commonly prescribed oral and injectable specialty medications covered as of July 1, 2020.^{1,2} All of these medications are approved by the U.S. Food and Drug Administration (FDA). Medications are listed alphabetically; Brand name medications are capitalized and generic medications are lowercase. **The Specialty Drug List is updated often so it's important to know that this is not a complete list of the medications your plan covers.** Also, your specific plan may not cover all of the medications in this document.

Some plans have specific coverage requirements for specialty medications.

For example, your plan may:

- › Limit coverage to a 30-day supply.
- › Cover certain medications under the pharmacy benefit, medical benefit, or under both benefits.

These medications have an asterisk (*) next to them. Why does this matter? Because the benefit your medication is covered under may:

- Affect the amount you pay for it.
- Mean you need approval from Cigna before your plan will cover it.
- Require you to use a specific pharmacy to receive coverage.

For example, if your medication is covered under the pharmacy benefit, you may have to use Accredo, a Cigna specialty pharmacy, to receive coverage.³ If it's covered under the medical benefit and you're getting it from your health care provider, you may not have to use Accredo.



Log in to the **myCigna**® App or website, or check your plan materials, to learn more about the specialty medications your plan covers. You can also click on "Price a Medication" to see how much your medication may cost you.⁴

Together, all the way.®



Offered by: Cigna Health and Life Insurance Company or Connecticut General Life Insurance Company.

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Medication Name

A			
abacavir	argatroban	Boniva syringe*	Copiktra
abacavir-lamivudine	50mg/50ml-0.9% NaCl	bortezomib	Corifact
abacavir-lamivudine- zidovudine	vial*	bosentan*	Cosentyx*
abiraterone*	Arikayce	Bosulif*	Cosmegen
Abraxane	Arixtra	Botox 100 unit vial	Cotellic*
Actemra*	Arranon	Botox 200 unit vial*	Crixivan
Acthar*	arsenic trioxide	Botox Cosmetic	Crysvita
Acthrel	Arzerra	BRAFTOVI	Cuprimine
ACTIMMUNE*	Asceniv	Brineura	Cuvitru
Adakveo	Asclera	Buphenyl*	cyclophosphamide
Adcetris	Asparlas	busulfan	capsule*
Adcirca*	Astagraf XL*	Busulfex	cyclophosphamide vial
adefovir dipivoxil*	atazanavir	C	cyclosporine ampule
Adempas*	ATGAM	Cablivi	cyclosporine capsule*
Adriamycin	Atripia	Cabometyx*	cyclosporine modified*
Adrucil	Aubagio*	Calquence	Cyklokapron
Advate*	Austedo*	Campath	Cyramza
Advate 3,601-4,800 unit	Avastin	Camptosar	Cystadane
Adynovate*	Aveed	capecitabine*	Cystagon
Afinitor*	Avonex*	Caprelsa	Cystaran
Afinitor Disperz	azacitidine	Carbaglu*	cytarabine
Afstyla*	Azasan*	carboplatin	Cytogam
ALDURAZYME*	azathioprine tablet*	carmustine	Cytovene
Alecensa*	Azedra Dosimetric	CellCept capsule, suspension, tablet*	D
Alferon N*	Azedra Therapeutic	CellCept vial	dacarbazine
Alimta	B	Ceprothin	DACOGEN
Aliqopa	Balversa	Cerdelga*	dactinomycin
Alkeran	Baraclude*	Cerezyme*	Dalfampridine ER*
alosetron*	Bavencio	Cetrotide	Daraprim
Alphanate*	BCG Vaccine (Tice Strain)	Chenodal	Darzalex*
Alphanine SD*	Beleodaq	Cholbam	daunorubicin
Alprolix*	Belrapzo*	chorionic gonadotropin	Daurismo*
Alunbrig*	bendamustine*	cidofovir	DDAVP ampule, vial
Alyq*	Bendeka*	CIMDUO	decitabine
ambrisentan*	Benfix*	Cimzia*	deferasirox*
Ameluz	Benlysta 200mg/ml*	cinacalcet	Defitelio
Amicar*	Benlysta vial	CINQAIR	Delstrigo
aminocaproic acid*	Beovu	CINRYZE*	Depen
Ampyra*	Berinert*	CINVANTI*	Descovy
Amvisc	BESPO NSA	cisplatin	desmopressin ampule, vial
Andexxa	Betaseron*	cladribine	Dexrazoxane
Apokyn*	Bethkis*	clofarabine	Diacomit
Aptivus	bevacizumab	Clolar	didanosine
Aralast NP	bexarotene*	Clovique*	docetaxel
Aranesp	BiCNU	Coagadex	docetaxel 160mg/8ml vial*
Arcalyst*	Biktarvy	Combivir	Doptelet*
Arestin*	Biolon	Cometriq*	Dovato
argatroban	Bivigam*	Complera	Doxil
	bleomycin	Copaxone*	doxorubicin
	Blincyto		DSUVIA

Brand name medications are capitalized and generic medications are lowercase.

* Your plan may require you to fill this medication through Accredo, a Cigna specialty pharmacy, to receive coverage. You may be able to use an in-network retail pharmacy one or more times before switching to Accredo. Log in to the myCigna app or website, or check your plan materials, to learn more about how your plan covers this medication.

Medication Name

Duopa
Dupixent*
Durolane*
Dysport*

E

Edurant
efavirenz
Egrifta*
Egrifta SV*
Elaprase
Elelyso
Eligard*
Elitek
Ellence
ELOCTATE*
Elzonris
Emcyt*
Emflaza*
Empliciti*
Emtriva
Enbrel*
ENHERTU*
enoxaparin
entecavir*
Entyvio*
Envarsus XR*
Epclusa*
Epidiolex*
epirubicin
Epivir
Epivir HBV
Epogen
epoprostenol
Epzicom
Erbitux
Erivedge*
Erleada*
erlotinib*
Erwinaze
Esbriet*
Esperoct
Ethyol
Etopophos
etoposide capsule*
etoposide vial
Euflexxa*
Evenity
everolimus*
Evomela
Evotaz
Exjade*

Exondys-51
Extavia*
Eylea
F
Fabrazyme*
FARYDAK*
Fasenra*
Faslodex
Feiba NF*
Ferriprox
Fibryga
Firazyr*
Firdapse
Firmagon*
Flebogamma DIF
Flolan
floxuridine
fludarabine
fluorouracil vial
Follistim AQ
Folotyn
fondaparinux
Forteo*
fosamprenavir
Fragmin
fulvestrant
Fuzeon*

G

Galafold*
GamaStan*
Gamastan S-D*
Gamifant
Gammagard*
Gammagard S-D*
Gammaked*
Gammaplex
Gamunex-C*
ganciclovir
ganirelix
Gattex*
Gazyva
Gel-One*
Gelsyn-3*
gemcitabine
Gengraf*
Genotropin*
Genvisc 850*
Genvoya
Giapreza
Gilenya*

Gilotrif*
Givlaari*
Glassia
glatiramer*
Glatopa*
Gleevec*
Gliadel
Gonal-F
Granix

H

Haegarda*
Halaven
Harvoni*
Hemlibra*
Hemofil M*
Hepagam B
Hepsera*
Herceptin
Hetlioz*
Hizentra*
Humate-P*
Humatrope*
Humira*
Hyalgan*
HYCAMTIN*
hydroxyprogesterone
Hylenex*
Hymovis*
HyperHEP B S-D
HyperRAB
HyperRHO S-D
HyQvia

I

ibandronate syringe, vial*
Ibrance*
Icatibant*
ICLUSIG
Idamycin
idarubicin
Idelvion*
IDHIFA*
IFEX
ifosfamide
Ilaris*
Ilumya*
Iluvien
imatinib*
Imbruvica
IMFINZI
IMLYGIC

Imogam Rabies-HT
Imuran*
Inbrija*
Increlex*
Inflectra*
Infugem*
Ingrezza
Inlyta*
Inrebic*
Intelence
Intron A*
Invirase
Iressa*
irinotecan
Isentress
Isentress HD
Istodax
IXEMPRA
Ixinity*

J

Jadenu*
Jadenu Sprinkle*
Jakafi*
Jetrea
Jevtana*
Jivi*
Juluca
Juxtapid*
Jynarque 45mg-15mg,
60mg-30mg, 90-30mg
Jynarque 15mg, 30mg*

K

Kadcyla
Kalbitor*
Kaletra
Kalydeco*
Kanjinti
Kanuma
Kcentra
Kedrab
Kepivance
Keveyis
Kevzara*
Keytruda
Kineret
Kisqali*
Kisqali Femara Co-Pack*
Kitabis Pak*
Koate*
Kogenate FS*

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Medication Name

Korlym
Kovaltry*
KRYSTEXXA
Kuvan*
Kyleena
Kymriah
Kyprolis 10mg, 60mg vial
Kyprolis 30mg vial*

L

lamivudine
lamivudine HBV
lamivudine-zidovudine
ledipasvir-sofosbuvir*
Lemtrada*
Lenvima*
Letairis*
leucovorin
Leukine
leuprolide*
levoleucovorin
Levulan
Lexiva
Libtayo
Liletta
Lonsurf*
lopinavir-ritonavir
Lorbrena*
Lotronex*
Lovenox
Lucentis
Lumizyme
Lumoxiti vial
Lupaneta Pack*
Lupron Depot*
Lutathera
Luxturna*
Lynparza
Lysteda

M

Maci
Macrilen*
Macugen
Makena
Marqibo
Matulane
Mavenclad*
Mavyret*
Mayzent 0.25mg starter pack
Mayzent 0.25mg, 2mg tablet*

Mekinist*
Mektovi
melphalan
Menopur
Mepsevii
mesna
Mesnex
MICRhoGAM Ultra-Filtered Plus
miglustat*
Mircera
Mirena
mitomycin
mitoxantrone
Mononine*
MONOVISC*
Mozobil
Mulpleta*
Mutamycin
Mvasi
Myalept*
mycophenolate capsule, suspension, tablet*
mycophenolate vial
mycophenolic acid*
Myfortic*
MYOBLOC

N

Nabi-HB
Naglazyme
Natpara*
Navelbine
Neoral*
Nerlynx*
Neulasta syringe
Neulasta Onpro Kit*
Neupogen
nevirapine
nevirapine ER
Nexavar*
Nexavir
Nexplanon
Nilandron
nilutamide
Ninlaro*
Nipent
nitisinone
Nityr
Nivestym
Norditropin FlexPro*
Northera*

Norvir
Novarel
Novoeight*
NovoSeven RT*
Nplate
Nubeqa*
Nucala*
Nulojix
Nuplazid*
Nutropin AQ
Nuspina*
Nuwiq*
NUZYRA

O

Obizur
OCALIVA*
Ocrevus*
Octagam*
octreotide*
Odefsey
Odomzo*
Ofev*
Ogivri
Olumiant*
Omnitrope*
Oncaspar
Onivyde
Onpattro
Opdivo*
Opsumit*
Orencia*
Orenitram ER*
Orfadin
ORKAMBI*
ORTHOVISC*
Otezla*
Ovidrel
oxaliplatin
Ozurdex

P

paclitaxel
PADCEV
Palynziq*
pamidronate*
Panhematin
Panretin*
Panzyga
Paragard T 380-A
paricalcitol capsule*
paricalcitol vial
Parsabiv
Pegasys*

PegIntron*
penicillamine
Perjeta
Photofrin
Pifeltro
Piqray*
Plegriby*
Polivy
Pomalyst*
Portrazza
Poteligeo
Praxbind
Pregnyl
Prevymis tablet*
Prevymis vial
Prezcobix
Prezista
Prialt
Privigen*
PROCRIT
Procysbi*
Profilnine*
progesterone vial*
Prograf ampule
Prograf capsule, granule packet*
Prolastin C
Proleukin
Prolia
Promacta*
Provenge
ProVisc
Pulmozyme*
Purixan

R

Radicava
Rapamune*
Ravicti*
Rebif*
Rebif Rebidose*
Rebiny*
Reblozyl
Reclast*
Recombinant*
Remicade*
Remodulin*
RENFLEXIS*
Rescriptor
Retisert
Retrovir
Revatio*

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Medication Name

Revcovi
 Revlimid*
 Reyataz
 RhoGAM Ultra-Filtered
 Plus
 Rhophylac
 Riastap
 ribavirin*
 Rilutek*
 riluzole*
 Rinvoq ER*
 ritonavir
 Rituxan
 Rixubis*
 romidepsin
 Rozlytrek*
 Rubraca
 Ruconest*
 Ruzurgi
 Rydapt*

S

Sabril*
 Saizen*
 Samsca*
 Sandimmune ampule
 Sandimmune capsule,
 solution*
 Sandostatin*
 Selzentry
 Sensipar
 Serostim*
 Signifor*
 Signifor LAR*
 sildenafil suspension,
 20mg tablet, vial*
 Siliq*
 Simponi*
 Simponi Aria*
 Simulect
 Sinuva
 sirolimus*
 Sirturo
 Skyla
 sodium hyaluronate
 sodium phenylbutyrate*
 sofosbuvir-velpatasvir*
 Soliris
 Somatuline Depot*
 Somavert*

Sovaldi*
 Spinraza*
 Spravato
 Sprycel*
 stavudine
 Stelara*
 Stimate
 Stivarga*
 Strensiq
 Stribild
 Sublocade
 Sucraid
 Supartz FX*
 Supprelin LA*
 Sustiva
 Sutent*
 Sylatron*
 Sylvant
 Symdeko*
 SYMFI
 SYMFI LO
 Symtuza
 Synagis*
 Synarel*
 Synribo
 Synvisc*
 Synvisc-One*
 Syprine*

T

tacrolimus capsule*
 tadalafil 20mg*
 Tafenlar*
 Tagrisso*
 TAKHZYRO*
 Taltz*
 Talzenna*
 Tarceva*
 Targretin*
 Tasigna*
 Tavalisse
 Taxotere
 Tecentriq*
 Tecfidera*
 Tegsedi*
 Temixys
 Temodar capsule*
 Temodar vial
 temozolomide*
 temsirolimus

teniposide
 tenofovir
 Tepadina
 tetrabenazine*
 Thalomid*
 Thiola
 Thiola EC
 thiotepa
 Thrombate III
 Thymoglobulin
 Thyrogen
 TIBSOVO
 Tiglutik
 Tivicay
 TOBI*
 TOBI Podhaler*
 tobramycin ampule*
 Toposar
 topotecan*
 Torisel
 Tracleer*
 tranexamic acid
 Treanda
 Trelstar*
 Tremfya*
 Treprostinil*
 Tretten
 trientine*
 Trikafta*
 Triluron*
 Triptodur
 Trisenox
 Triumeq
 TriVisc*
 Trizivir
 Trogarzo*
 Truvada
 Truxima
 Turalio
 Tybost
 Tykerb*
 Tymlos*
 Tysabri*
 Tyvaso*

U

Ultomiris*
 Unituxin
 Uptravi*

V

Valchlor*
 valrubicin
 Valstar
 Vantas*
 Varithena injectable foam
 Vectibix
 Velcade
 Veletri*
 Vemlidy*
 Venclexta
 Ventavis*
 Verzenio*
 Vidaza
 Videx
 Videx EC
 Viekira Pak*
 vigabatrin*
 Vigadrone
 Vimizim
 vinblastine
 vincristine
 vinorelbine
 Viracept
 Viramune
 Viramune XR
 Virazole*
 Viread
 Visco-3*
 VISTOGARD
 Visudyne
 Vitrakvi*
 Vivitrol*
 Vizimpro*
 Vonvendi*
 Voraxaze
 Vosevi*
 Votrient*
 VPRIV*
 Vyleesi
 Vyndamax*
 Vyndaquel*
 Vyondys-53
 Vyxeos

W

Wilate*
 WinRho SDF*

Brand name medications are capitalized and generic medications are lowercase.

* Your plan may require you to fill this medication through Accredo, a Cigna specialty pharmacy, to receive coverage. You may be able to use an in-network retail pharmacy one or more times before switching to Accredo. Log in to the myCigna app or website, or check your plan materials, to learn more about how your plan covers this medication.

Medication Name

X	Xtandi*	Zarxio*	Zirabev
Xalkori*	Xuriden	Zavesca*	Zoladex*
Xeljanz*	Xyntha*	Zejula	zoledronic acid*
Xeljanz XR 11mg*	XYREM	Zelboraf*	Zolgensma
Xeljanz XR 22mg	Y	Zemaira	Zolinza*
Xeloda*	YERVOY	Zemplar capsule*	Zomacton*
Xembify	Yescarta	Zemplar vial	Zorbtive*
Xenazine*	Yondelis*	Zepatier*	Zortress*
Xeomin*	Yonsa*	Zerit	Zulresso
Xermelo	Yutiq	Zevalin	Zydelig*
XGEVA	Z	ziagen	Zykadia*
Xiaflex	ZALTRAP	zidovudine	Zytiga*
Xolair*	Zanosar	Ziextenzo	
Xospata		Zinecard	
XPOVIO		Zinplava	

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Choose Accredo, a Cigna specialty pharmacy. They'll deliver specialty medications to your door – and extra support to you.

Whether you've been going through treatment for years or just got diagnosed, managing a complex medical condition isn't easy. If you need help, you can always call Accredo, a Cigna specialty pharmacy. Accredo's team of specialty-trained pharmacists and nurses can provide you with the personalized care and support you need to manage your therapy – at no extra cost. They'll also fill and ship your specialty medication to your home (or location of your choice).^{5,6}

- › **Personalized care.** Accredo provides a wide range of personalized care services, including counseling and training on how to administer your medication.
- › **24/7 access to specialty-trained pharmacists and nurses** experienced in complex conditions that require specialty medications.
- › **Fast shipping, at no extra cost.** Accredo will schedule and quickly ship your medications (at no extra cost to you) – even those that need special handling, like refrigeration.
- › **Easy refills and free reminders.** Accredo will send you refill reminders to help make sure you don't miss a dose. You can refill certain prescriptions by text.⁷
- › **Track your orders.**⁸ Get real-time updates once Accredo ships your order.
- › **Copay assistance** coordination and other options if you need help paying for your medication.

To learn more about Accredo, go to **Cigna.com/specialty**. To get started using Accredo, call **877.825.7657**. They'll take care of everything for you. Representatives are available Monday–Friday, 7:00 am–10:00 pm CST and on Saturdays, 7:00 am–4:00 pm CST. **Be sure to call Accredo about two weeks before your next refill so they have time to get a new prescription from your doctor's office.**