

PHARMACY BENEFITS

All EP Cares medical plans include pharmacy benefits. You can go online to see the current list of medications your plan covers.

myCigna app or [myCigna.com](https://mycigna.com)

Click on the **Find Care & Costs** tab. Then select **Price a Medication**, and then type in your medication name.

[Cigna.com/druglist](https://cigna.com/druglist)

Select **Standard 3 Tier** from the dropdown menu. Then type in your medication name or view the full list.

Generic vs. Brand Name

If you request a brand name drug, you will be charged the brand name drug cost plus the difference between the brand and generic drugs (up to the cost of the brand drug).

To avoid this charge, the prescribing physician must indicate "Dispense As Written" (DAW) on the prescription. When DAW is ordered, you will only be charged the cost of the brand name drug. Generally, generic drugs are Tier 1 and brand drugs are Tier 2. If you have questions, please contact Cigna directly.



QUESTIONS?

myCigna.com:

Click to Chat

Monday-Friday

9:00am-8:00pm EST

By phone:

Call the toll-free number

on your Cigna ID card.

Save Time and Money by Using Cigna 90 Now

The Cigna 90 Now program makes it easier and less expensive for you to fill maintenance medications. A maintenance medication is something you take on a regular basis to treat an ongoing health condition like asthma, diabetes, high blood pressure, or high cholesterol.

Cigna 90 Now...

- Provides coverage for 90-day (or 3-month) supplies at select retail pharmacies in your plan's network and through Express Scripts® Pharmacy, Cigna's home delivery pharmacy.
- Provides coverage for 30-day supplies at all pharmacies in your plan's network.
- If you fill a prescription in a 90-day supply, you must use an in-network retail pharmacy that's approved to fill 90-day supplies, or home delivery, to receive coverage.
- Does not include narcotics or specialty medications.

Are there any benefits to filling a 90-day supply?

Yes. 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.¹

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Cigna 90 Now Program (continued)

Will I save money by filling a 90-day supply?

Generally, yes. Most 90-day supplies are filled for 2x the cost of a 30-day supply. Check your plan materials for specific details.

Do I need my doctor's approval to switch to a 90-day prescription?

Yes, you'll need a new prescription for a 90-day supply. You may be able to request the switch via a telemedicine visit or via email if you have refills remaining. Check with your doctor.

How do I switch to Express Scripts® home delivery?

Use one of these three options:

1. Log into the myCigna App or [myCigna.com](https://mycigna.com) to move your prescription electronically. Click on the **Prescriptions** tab and select **My Medications** from the dropdown menu. Then click the button next to your medication name to move your prescription(s).
2. Call your doctor's office. Ask them to send a 90-day prescription (with refills)² electronically to Express Scripts Home Delivery.
3. Call Express Scripts® Pharmacy at 800-835-3784. They'll contact your doctor's office to help transfer your prescription. Have your Cigna ID card, doctor's contact information and medication name(s) ready when you call.

I have a 90-day prescription but my pharmacy isn't approved to fill 90-day supplies. How do I switch pharmacies?

Once you find a pharmacy that's approved to fill 90-day supplies, here are two easy ways you can move your prescription:

1. Call your doctor's office. Ask them to send your 90-day prescription electronically to your new pharmacy.
- Or,
2. If your prescription still has a refill available, ask the pharmacist at your new pharmacy to contact your current pharmacy to help transfer your prescription.

¹ Internal Cigna analysis performed Jan 2019, utilizing 2019 Cigna national book of business average medication adherence (customer adherent > 80% Proportion Days Covered), 90-day supply vs. those who received a 30-day supply stopped taking antidiabetics, blood pressure medications, and statins.

² 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.