90-day prescription fills.

How your plan covers maintenance medications.

Your plan requires you to fill maintenance medications in a 90-day supply and at certain in-network pharmacies. These are the medications you take regularly to treat an ongoing condition like asthma, diabetes, high blood pressure, or high cholesterol.

Here's how maintenance medications are covered.

To be covered, you need to fill them:

- In a 90-day (or 3-month) supply.[1]
- At an in-network retail pharmacy approved to fill 90-day supplies, like **CVS Pharmacy®**, or through home delivery with Express Scripts® Pharmacy.[2]

Choose the pharmacy you want to use.

Retail pharmacies.
To find an approved pharmacy near you, log in to the myCigna® app[3] or **myCigna.com®** and use the Price a Medication tool.[4]

Home delivery from Express Scripts Pharmacy.
With home delivery, you can:

- Get standard shipping at no extra cost.[5]
- Talk with a pharmacist 24/7.
- Sign up for automatic refills or refill reminders.[6]
- Use a payment plan if you need one.

90-day supplies can help you stay on track.

- Fill your prescription just 4 times a year.
- Pay a copay just 4 times a year.
- With a 3-month supply at home, you're less likely to run out and miss a dose.

Offered by Cigna Health and Life Insurance Company or its affiliates.
In Utah, plans are offered by Cigna Health and Life Insurance Company.

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How to fill a 90-day supply



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

Have it sent to an approved in-network retail pharmacy or Express Scripts home delivery

Get your medication and refill it every 3 months

1. Not all medications come in a 90-day supply. For example, oral contraceptives come in a 3-pack, which equals an 84-day supply. Even though it's not a full 90-day supply, it's still considered a 90-day prescription.

2. Not all plans offer Express Scripts Pharmacy as a covered pharmacy option. Log in to the myCigna app or myCigna.com, or check your plan details, to learn more about the pharmacies in your plan's network. Cigna Healthcare, Evernorth Health Services, and Express Scripts Pharmacy are all part of The Cigna Group. This means we have an ownership interest in Express Scripts Pharmacy's home delivery services – but you have the right to fill prescriptions at any pharmacy in your network (as your plan allows). Log in to the myCigna app or myCigna.com to see all of your in-network options.

3. App/online store terms and mobile phone carrier/data charges apply.

4. Your plan pays the cost for standard shipping.

5. Prices shown on myCigna are not a guarantee. Coverage falls under your plan terms and conditions. Look at your plan documents for more information about your plan's prescription drug coverage.

6. Express Scripts Pharmacy can automatically refill certain medications. Log in to the myCigna app or myCigna.com, or call 800.835.3784, to sign up. You can sign up to get emails and/or texts from Express Scripts Pharmacy. To get text messages, you'll have to sign up for the Express Scripts texting service. You can do this online or when you call 800.835.3784 to refill your prescription. Once you sign up, just reply to their welcome text to get started. Standard text messaging rates apply.

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. 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 Healthcare representative.

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