

DRUG UTILIZATION MANAGEMENT: ESSENTIAL PROTECTION




Helps protect against potential drug misuse and rising drug costs

Cigna Pharmacy Management® aims to help our clients maximize the value of their pharmacy benefit plan. Similar to formulary management, our new Essential Protection drug utilization management package helps protect customers by **monitoring appropriate use** and directs them to **lower-cost drug options** with similar outcomes.

The Essential Protection package helps improve pharmacy benefit plan affordability and protection - delivering an estimated 2.5%-3% annual savings.¹

Prescriptions are reviewed for safety and lower-cost options. We'll monitor:

Drug quantity	Drug prior authorization	Drug step therapy
<ul style="list-style-type: none"> ▶ Helps ensure clinically appropriate quantity of dosing and duration of use. ▶ Mitigates drug waste/stockpiling. 	<p>Oversight of specialty drugs and certain branded drugs that helps ensure:</p> <ul style="list-style-type: none"> ▶ Customer diagnosis matches clinical guidelines for use. ▶ Appropriate use of emerging/new drugs. ▶ Reduction of waste, error and unnecessary drug use (e.g., opioids). ▶ Outreach for specialty medication coaching, specialty condition support and holistic health coaching. 	<p>Promotes use of clinically effective, lower-cost drug before higher-cost option would be approved. A medical necessity review is available for approval of a higher-cost drug.</p>
<div style="display: flex; align-items: center;">  <p>An example: Opioids have serious side effects and can be dangerous if taken too often and in the wrong way. Clients with the Essential Protection package benefit from oversight of these powerful medications.</p> </div>		

Together, all the way.®



Offered by Cigna Health and Life Insurance Company or its affiliates

How it works – customer examples

Protection	Customer trigger 	Cigna interaction 
<p>Quantity limits</p> <p>Provides access to clinically appropriate quantity of dose and duration.</p>	 <p>Conner</p> <p>After knee surgery, Conner receives first-time opioid prescription for Percocet® with a 30-day supply. </p>	<p>We deny coverage for the prescribed 30-day supply (consistent with CDC and FDA recommendations) and alert pharmacy that we will approve coverage for a reduced day supply, to help Conner avoid opioid dependence.</p>
<p>Prior authorization</p> <p>Oversees use of branded and specialty drugs.</p>	 <p>Kim</p> <p>Kim is prescribed Entresto® – for congestive heart failure. </p> <hr/>  <p>Stephanie</p> <p>Stephanie is newly diagnosed with Crohn's disease and is given several prescriptions from doctor, including Humira®. </p>	<p>Pharmacy is notified that prior authorization is required and outreach is made to Kim's physician. Entresto is approved for coverage once physician confirms a diagnosis of congestive heart failure and that she isn't taking a conflicting medication that could interfere with the clinical outcome of her treatment.</p> <ul style="list-style-type: none"> ➤ Cigna Rx Claim Connect leverages real-time medical, lab and pharmacy analytics to automatically approve Humira – offering her quick access to coverage for the drug and avoiding unnecessary delays.² ➤ Cigna health coaches engage Stephanie on end-to-end care management and personalized coaching, including specialty medication management.
<p>Drug step therapy</p> <p>Promotes use of lower-cost, clinically equivalent drugs.</p>	 <p>Gabriel</p> <p>Gabriel presents a prescription for Lunesta® at his pharmacy. </p>	<p>Gabriel and his doctor are notified that a lower-cost alternative is available and, absent a medical necessity exception, needs to be tried before Lunesta would be approved for coverage. Gabriel begins treatment with a lower-cost generic alternative.</p>

Examples for illustrative purposes only. Not actual customer experiences.

Cigna Drug Utilization Management – Managed Drug Classes

This list is for the Standard Formulary. Subject to change.

Drug class	Prior authorization	Quantity limit	Step therapy
ACE/ARB		●	●
ACNE, ORAL		●	
ADHD, STIMULANTS			●
ADRENAL AGENTS	●		
ANDROGEN, ORAL	●		
ANESTHETICS, TOPICAL		●	
ANGIOTENSIN-CONVERTING ENZYME INHIBITOR/ ANGIOTENSIN-RECEPTOR BLOCKER (ACEI/ARB)			●
ANTIANGINAL/ANTI-ISCHEMIC AGENTS		●	●
ANTIARRHYTHMICS		●	
ANTIBIOTICS	●		
ANTICOAGULANTS	●		
ANTICONVULSANTS		●	
ANTIDEPRESSANTS		●	●
ANTIEMETICS	●	●	
ANTIFUNGALS, ORAL	●	●	
ANTIHERPETIC AGENTS		●	
ANTIMALARIAL	●	●	
ANTINEOPLASTIC, ORAL	●	●	
ANTIPROTOZOALS	●		
ASTHMA AND COPD AGENTS		●	
ATYPICAL PSYCH		●	●
COLLAGENASE, TOPICAL		●	
COPD TRIPLE COMBO PRODUCTS			●
CYSTINE-DEPLETING AGENTS		●	
DIABETIC ULCER, TOPICAL	●	●	
DIPEPTIDYL PEPTIDASE-4 (DPP4)		●	
EPINEPHRINE INJECTORS		●	
ERGOT ALKALOIDS		●	
ESTROGEN		●	
GLUCAGON-LIKE PEPTIDE-1 (GLP1)		●	
GOUT AGENTS	●		
HEART FAILURE	●	●	
HORMONAL AGENTS		●	
HYPNOTICS	●	●	●
HYPOGLYCEMIC AGENTS		●	
NARCOLEPSY	●		
NARCOTIC ANALGESICS, LONG- AND SHORT-ACTING	●	●	
NARCOTIC COUGH/COLD		●	
NARCOTIC RESCUE AGENTS		●	
NMDA RECEPTOR ANTAGONISTS		●	
NONSTEROIDAL ANTI-INFLAMMATORY DRUG (NSAID)		●	●
OPIOID-INDUCED CONSTIPATION	●		
OPHTHALMIC PROSTAGLADINS		●	●

Cigna Drug Utilization Management – Managed Drug Classes (cont.)

This list is for the Standard Formulary. Subject to change.

Drug class	Prior authorization	Quantity limit	Step therapy
OSTEOPOROSIS		●	●
OVERACTIVE BLADDER			●
PHOSPHATE BINDERS		●	
PROTON PUMP INHIBITORS (PPI)		●	●
PSEUDOBULBAR AFFECT (PBA)		●	
PSORIATIC AGENTS		●	
SEXUAL DYSFUNCTION ³	●	●	
SPECIALTY MEDICATIONS ⁴	●		
STATINS		●	●
TESTOSTERONE, TOPICAL	●	●	
TOPICAL IMMUNOMODULATORS		●	
TOPICAL INFLAMMATORY			●
TRIPTANS		●	
URINARY TRACT CONDITIONS	●		



Cigna Rx Claim Connect

As a connected health service company, Cigna uses medical, lab and pharmacy data to process UM protections and approve claims at point of service. This offers customers earlier access to coverage for important medications and helps ensure drugs are used appropriately.



Questions?

Contact your Cigna sales representative if you have questions about our drug utilization management program, or to learn about other ways you can reduce pharmacy plan costs.

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1. Savings projection based on national book of business results for clients with full drug utilization management program, 2016. Savings are not guaranteed and individual client results will vary.
2. Administered on select drugs/drug classes.
3. These medications need to be covered by the plan in order for drug utilization management edits to apply.
4. Specialty Prior Authorization remains in place for clients that have implemented this program.

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 complete details of coverage, contact your Cigna sales representative.

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