

# 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.\***

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"> <li>▶ Helps ensure clinically appropriate quantity of dosing and duration of use.</li> <li>▶ Mitigates drug waste/stockpiling.</li> </ul>   | <p>Oversight for certain branded and specialty drugs that helps ensure:</p> <ul style="list-style-type: none"> <li>▶ Customer diagnosis matches clinical guidelines for use.</li> <li>▶ Appropriate use of emerging/new drugs.</li> <li>▶ Reduction of waste, error and unnecessary drug use (e.g., opioids).</li> <li>▶ Outreach for specialty medication coaching, specialty condition support and holistic health coaching.</li> </ul> | <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><b>An example:</b> Opioids have serious side-effects and can be dangerous if taken too often and in the wrong way. Clients with essential protection package benefit from oversight of these powerful medications.</p> </div> |   |   |

Together, all the way.®



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## How it works – customer examples

| Protection   | Customer trigger   | Cigna interaction    |
|--|---|---|
| <p><b>Quantity limits</b></p> <p>Provides access to clinically appropriate quantity of dose and duration.</p>  <p><b>Conner</b></p>   | <p>After knee surgery, Connor receives first-time opioid prescription for <b>Percocet®</b> 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 of a 15-day supply to help Conner <b>avoid opioid dependence</b>.</p>  |
| <p><b>Prior authorization</b></p> <p>Oversees use of branded and specialty drugs.</p>  <p><b>Kim</b></p><br> <p><b>Stephanie</b></p> <p>Promotes use of lower-cost, clinically equivalent drugs</p> | <p>Kim is prescribed <b>Entresto®</b> – for congestive heart failure. </p> <hr/> <p>Stephanie is newly diagnosed with Crohn's disease and is given several prescriptions from doctor including <b>Humira®</b>. </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 <b>confirms a diagnosis of congestive heart failure</b> 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"> <li>➤ <b>Pharmacy Claims Enhancement</b> leverages real-time medical, lab and pharmacy analytics to automatically approve Humira – offering her <b>quick access to coverage for the drug</b> and avoiding unnecessary delays.**</li> <li>➤ Cigna health coaches engage Stephanie on end-to-end care management and <b>personalized coaching</b> including specialty medication management.</li> </ul> |
| <p><b>Drug step therapy</b></p>  <p><b>Gabriel</b></p>  | <p>Gabriel presents a prescription for <b>Crestor®</b> at his pharmacy. </p>  | <p>Gabriel and his doctor are notified that a <b>lower-cost alternative</b> is available and, absent a medical necessity exception, needs to be tried before Crestor 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 - Commonly managed conditions - Not a complete list

| Conditions and commonly prescribed drugs                       | Prior Authorization | Quantity Limit | Step Therapy |
|--|---------------------|----------------|--------------|
| Acne - <i>Retin-A, Differin</i>                                | •                   |                |              |
| ADHD - <i>Aderall XR, Focalin XR</i>                           |                     |                | •            |
| Allergic Reactions - <i>EpiPen</i>                             |                     | •              |              |
| Angina - <i>Ranexa</i>   |                     |                | •            |
| Anti-inflammatory (Oral) - <i>Daypro, Feldene</i>              | •                   |                |              |
| Anti-inflammatory (Specialty Self-Injectable) - <i>Stelara</i> | •                   |                |              |
| Benign prostatic hyperplasia - <i>Cialis</i>                   | •                   |                |              |
| Cholesterol - <i>Lipitor, Crestor, Vytorin</i>                 |                     |                | •            |
| Diabetes - <i>Afrezza, Jardiance, Synjardia</i>                | •                   | •              | •            |
| Erectile dysfunction - <i>Viagra, Cialis</i>                   | •                   | •              |              |
| Fungal disease - <i>Jublia, Voriconazole, Onmel</i>            | •                   |                | •            |
| Glaucoma - <i>Zioptan</i>                                      |                     |                | •            |
| Heartburn/Ulcer - <i>Nexium, Prevacid</i>                      |                     |                | •            |
| Hypertension - <i>Diovan, Benicar</i>                          |                     |                | •            |
| Infections - <i>Solodyn</i>                                    |                     |                | •            |
| Low Testosterone - <i>Axiron, Testim, Oxandrolone</i>          | •                   | •              | •            |
| Migraines - <i>Imitrex, Zomig</i>                              | •                   | •              |              |
| Multiple sclerosis - <i>Tecfidera, Avonex, Gilenya</i>         | •                   |                | •            |
| Narcolepsy - <i>Nuvigil, Provigil</i>                          | •                   |                |              |
| Nausea and vomiting - <i>Ondansetron, Anzemet</i>              | •                   | •              |              |
| Oncology - <i>Rituxan, Avastin, Herceptin</i>                  | •                   |                |              |
| Opioid-induced constipation - <i>Relistor</i>                  | •                   |                |              |
| Osteoporosis - <i>Fosamex, Actonel, Boniva</i>                 |                     |                | •            |
| Pain management and opioids - <i>Oxycontin, Vicodin</i>        | •                   | •              | •            |
| Restless legs syndrome - <i>Horizant</i>                       |                     |                | •            |



### Prior authorization auto-approve

We can leverage medical, lab and pharmacy data to process claim approval at point-of-service. This offers customers earlier access to important medications and assures drugs are used appropriately.

Together, all the way.®



\* 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.  
 \*\* Administered on select drugs/drug classes.

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