

# 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.<sup>1</sup>**

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 of specialty drugs and certain branded 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 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><b>Quantity limits</b></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 <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 for a reduced 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>Kim</p> <p>Kim is prescribed <b>Entresto®</b> – 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 <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>Prior authorization auto-approve</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.<sup>2</sup></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>Promotes use of lower-cost, clinically equivalent drugs.</p>	 <p>Gabriel</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 – Managed Drug Classes

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

Drug class	Prior authorization	Quantity limit	Step therapy
ACNE, ORAL		●	
ADHD, STIMULANTS			●
ADRENAL AGENTS	●		
ANDROGEN, ORAL	●		
ANESTHETICS, TOPICAL		●	
ANGIOTENSIN-CONVERTING ENZYME INHIBITOR/ ANGIOTENSIN-RECEPTOR BLOCKER (ACEI/ARB)			●
ANTI-ANGINAL/ANTI-ISCHEMIC AGENTS		●	●
ANTIBIOTICS	●		
ANTI-COAGULANTS	●		
ANTI-CONVULSANTS		●	
ANTI-DEPRESSANTS		●	●
ANTI-EMETICS	●	●	
ANTI-FUNGALS, ORAL	●	●	
ANTI-HERPETIC AGENTS		●	
ANTI-MALARIAL	●	●	
ANTI-NEOPLASTIC, ORAL		●	
ANTI-PROTOZOALS	●		
ASTHMA AND COPD AGENTS		●	
ATYPICAL PSYCH		●	●
COLLAGENASE, TOPICAL		●	
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		●	●
OSTEOPOROSIS		●	●
OVERACTIVE BLADDER			●
PROTON PUMP INHIBITORS (PPI)			●

## 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
PSEUDOBULBAR AFFECT (PBA)		●	
SEXUAL DYSFUNCTION <sup>3</sup>	●	●	
SPECIALTY MEDICATIONS <sup>4</sup>	●		
STATINS			●
TESTOSTERONE, TOPICAL	●	●	
TOPICAL IMMUNOMODULATORS		●	
TOPICAL INFLAMMATORY			●
TRIPTANS		●	



### Prior authorization auto-approve

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.

Together, all the way.®



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.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company (CHLIC), Cigna Behavioral Health, Inc., Cigna Health Management, Inc., Tel-Drug, Inc., Tel-Drug of Pennsylvania, LLC, and HMO or service company subsidiaries of Cigna Health Corporation, including Cigna HealthCare of Arizona, Inc., Cigna HealthCare of California, Inc., Cigna HealthCare of Colorado, Inc., Cigna HealthCare of Connecticut, Inc., Cigna HealthCare of Florida, Inc., Cigna HealthCare of Georgia, Inc., Cigna HealthCare of Illinois, Inc., Cigna HealthCare of Indiana, Inc., Cigna HealthCare of St. Louis, Inc., Cigna HealthCare of North Carolina, Inc., Cigna HealthCare of New Jersey, Inc., Cigna HealthCare of South Carolina, Inc., Cigna HealthCare of Tennessee, Inc. (CHC-TN), and Cigna HealthCare of Texas, Inc. Policy forms: OK – HP-APP-1 et al. (CHLIC); TN – HP-POL43/HC-CER1V1 et al. (CHLIC), GSA-COVER, et al. (CHC-TN). The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.