



STEP THERAPY

For the Standard Prescription Drug List

Prescription medications can cost a lot of money. At Cigna, we get that. That's why we've created a program that helps you save money and stay healthy. It's called Step Therapy.

What is Step Therapy?

Step Therapy is a prior authorization program. This means that certain medications in the Step Therapy program need approval by Cigna before they're covered under your plan.

In Step Therapy, you need to try the most cost-effective and appropriate medications available before more expensive brand name medications are approved for coverage. Typically, these are generics or lower-cost brands. Generic medications have the same strength and active ingredients as brand name medications – but often cost much less – in some cases, up to 80–85% less.¹

The Cigna Step Therapy program includes medications used to treat the following common medical conditions:

- › ADD/ADHD
- › Allergies
- › Asthma²
- › Bladder problems
- › Depression
- › Heartburn/ulcer
- › High blood pressure

- › High cholesterol
- › Mental health
- › Osteoporosis
- › Pain (narcotic² and non-narcotic pain relievers)
- › Skin conditions
- › Sleep disorders

How Step Therapy works

When you fill a prescription for a Step Therapy medication, we'll send you and your doctor a letter that lets you know the steps you need to take before you refill your medication. This may include trying a generic or lower-cost alternative, or asking Cigna to approve coverage of your medication. At any time, if your doctor believes an alternative medication isn't right for you due to medical reasons, he or she can request prior authorization for continued coverage of a Step Therapy medication.

Are you taking a Step Therapy medication?

You should take a look at your prescription drug list on **myCigna.com**. If there's a (ST) symbol listed next to your medication, then it's part of the Step Therapy program.

Together, all the way.®



1. U.S. Food and Drug Administration (FDA) website, "Facts About Generic Drugs." Retrieved 06/19/15.

2. No medications are currently included in this Step Therapy class.

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