



At Cigna, we aim to protect our clients and customers from unnecessary costs when clinically appropriate lower cost alternatives are available. Even more important than controlling cost, is managing drug safety. Which is why we have an ongoing review of managing the use of dangerous narcotic medications (also called opioids).

Beginning July 1, 2017, we will promote safer use of opioids

Opioids (narcotic pain medication)

Drug overdose is the leading cause of accidental death in the U.S., with opioid addiction driving this epidemic.¹ It's for this reason that on July 1, 2017, we are putting prior authorizations and quantity limits in place for **first time opioid users** based on Centers for Disease Control and Prevention (CDC) guidelines. Implementing these changes to our utilization management programs will make the use of opioids safer for our customers. Below are details to the utilization management practices that apply to your formulary.

Types of changes customers could experience

- Customers who are newly prescribed long-term opioid may be subject to prior authorization
- Customers who are newly prescribed short-term opioid may be subject to quantity limits

Prior authorizations

Customers' newly prescribed long-acting opioid may be subject to a prior authorization

- Newly prescribed: customers with no previous long-acting opioid in last 90 days
- A long acting opioid is generally taken once/day and is effective throughout the day

Quantity limits

Customer's newly prescribed short-acting opioid may be subject to quantity limits

- Newly prescribed: customers with no previous short-acting opioid in last 90 days
- A short acting opioid is generally taken several times/day and is effective for a short (hourly) period of time
- Quantity limits will apply to prescriptions over a 15 day supply
- Additional drugs that will have quantity limits applied:
 - High dose prescriptions (per FDA drug safety dosing recommendations)
 - Cough agents with codeine (per FDA drug safety dosing recommendations)
- Note: We are leveraging our integrated capabilities to identify customers using opioids as part of treatment for cancer, HIV, sickle cell or end stage renal disease and/or in hospice to assure those customers are **not affected by these changes**.

What you should know about those receiving a first time opioid prescription:

- Since there is no way to predict who may receive a first time opioid prescription, there will not be letters sent to affected customers.
 - Service team will be ready to assist customers, doctors and pharmacists
 - Authorizations will be expedited within 24 hours so customers have a plan of action
 - Pharmacists will see message on computer to assist customer with a smaller quantity or to help through the Cigna's authorization process for long-acting opioids
 - **We will clearly communicate our position on newly prescribed opioids with network prescribers prior to 7/1/17 to elicit their cooperation**
 - There is a letter clients can send to all employees – sent to clients upon request

Our priority is to maintain affordability and drug safety for our clients and customers.

Should you have any questions, please contact your Cigna Select Segment Client Manager.

1. Opioid addiction facts and figures – American Society of Addiction Medicine 2016

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