

STEP THERAPY



What is Step Therapy?

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

Step Therapy is a prior authorization program. This means that certain medications in the Step Therapy program need approval before they're covered. In Step Therapy, you and your doctor follow a series of steps when choosing your medication.

You may be able to choose from several different safe and effective prescription medications to treat your condition. Cost is often the biggest difference. Generic medications – which have the same strength and active ingredients as brand name medications – typically cost less, while brand name medications are usually the most expensive.

Cigna Pharmacy ManagementSM offers Step Therapy to treat several common medical conditions:

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

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

Step Therapy encourages you to try the most cost-effective and appropriate medications available to treat your condition. Typically, these medications are generics or low-cost brands. You need to try these first, before more expensive medications are approved.

When you fill a prescription for a Step Therapy medication, we'll send you and your doctor a letter explaining what steps you need to take before you refill your medication. This may include trying a generic or lower cost alternative, or asking Cigna for authorization for coverage of your medication. At any time, if your doctor feels a different medication isn't right for you due to medical reasons, he/she can request authorization for continued coverage of a Step Therapy medication.

You can find Step Therapy medications on your prescription drug list. You can view the drug list on **myCigna.com** by clicking on the "View Prescription Drug List" link in the Pharmacy section. If "ST" is listed next to your medication name, then it's part of the Step Therapy program.

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