



THERACARE

**A program to help you feel better
and stay healthier.**

Specialty medications are used to treat rare and chronic diseases like multiple sclerosis, hepatitis C and rheumatoid arthritis. They may require special storage, handling and close supervision when being administered. When taking a specialty medication it's important to follow the instructions exactly as prescribed by your doctor to make sure you're getting the best and safest treatment possible.

What is TheraCare?

The Cigna TheraCare® program is designed to help customers taking specialty medications understand and manage their condition and treatment. With TheraCare you'll get a dedicated team that's made up of clinical pharmacists, health advocates with nursing backgrounds and support coordinators. They help to guide you through your therapy by:

- › Acting as your first point of contact
- › Helping to make the prior authorization process quick and easy. Specialty medications require prior authorization (or approval) before they're covered under your plan
- › Helping you monitor and work through any side effects
- › Reviewing your medical history and overall health to help make sure your medication is working as it's supposed to
- › Setting up medications through Cigna Specialty Pharmacy Services and the home health care provider
- › Arranging in-home training on how to use your self-injectable medications if needed
- › Informing your doctor about how your treatment is going through follow-up calls, lab monitoring and reports

TheraCare-supported conditions*

- › Ankylosing spondylitis
- › Arthritis (such as psoriatic, rheumatoid, juvenile and others)
- › Asthma
- › Cancer (using an oral chemotherapy medication)
- › Chemotherapy-induced anemia
- › Chronic idiopathic urticaria
- › Congenital enzyme deficiencies (such as alpha1-proteinase inhibitor)
- › Crohn's disease
- › Cystic fibrosis
- › Growth hormone deficiency
- › Hemophilia
- › Hepatitis C
- › Lysosomal storage disorders (such as Gaucher's disease, Fabry's disease and others)
- › Multiple sclerosis
- › Psoriasis
- › Pulmonary arterial hypertension
- › Respiratory syncytial virus (prevention using Synagis®)
- › Ulcerative colitis
- › Uveitis

*Your health plan may not offer TheraCare for all these conditions. Call TheraCare at 800.633.6521 and we'll verify for you.

Together, all the way.®



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

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We're here to help so you can focus on your health

Cigna Specialty Pharmacy Services can help you manage your health and prescription needs in the privacy of your own home. We offer:

- › 24/7 access to customer service and pharmacists to help you with any questions
- › Convenient delivery right to your door or location of your choice, in packaging designed to protect your privacy
- › Helpful coaching and reminder services
- › Supplies like tape, bandages, sharps collector swabs, etc. – at no additional charge
- › Educational materials
- › Financial assistance programs if you need help paying for your medications

We want to make sure you're receiving the care and support you need every step of the way. We work with your doctor to help you get the level of care and support you need to help you feel better and stay healthier.

TheraCare is here to help you feel better

If you have one of the conditions listed here and are using a specialty medication as part of the treatment prescribed by your doctor, you may be able to participate in TheraCare. TheraCare is available to Cigna customers whose employers have chosen to make it available to their employees and covered family members.

To learn more about TheraCare, call 800.633.6521 Monday through Friday from 9:00 am–9:00 pm EST.



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