

# THE DOSE

## Insights and Updates from Cigna Pharmacy



MARCH 2020

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### Cigna is closely monitoring the Coronavirus (COVID-19) outbreak

Our top priority is to protect the health and well-being of our clients, customers and our employees and their families. We have put together resources, information, and helpful links on [Cigna.com](https://www.cigna.com) to keep you up-to-date and informed. Prevention is key and we are committed to keeping you and our communities safe by sharing resources and information that will help. We encourage you to follow the guidance provided by local health authorities, the [World Health Organization](https://www.who.int) and [U.S. Centers for Disease Control and Prevention](https://www.cdc.gov). Cigna has also opened a 24-hour telephone help line, 866.912.1687, to allow employees and family members to speak with qualified clinicians about how to cope with anxiety, stress, or other issues related to the impact of COVID-19.

### Cigna's July 2020 formulary and biosimilar strategy

As part of our ongoing commitment to provide affordable and quality health care coverage, we regularly review and update our formularies. We act on research findings gleaned from integrated benefits and new drugs to market, such as biosimilars and other opportunities to reduce drug spend and improve health.

Read more about [Cigna's formulary and biosimilars strategy updates](#).

### Value of the Cigna and Express Scripts combination

Approximately one year has passed since Cigna and Express Scripts began working together as a combined organization. We strive to deliver what our clients and customers want now, as well as anticipate what they need next. The results of our united focus abound. These include:

- > New ways to improve affordability and predictability
- > Simplified experiences
- > Enhanced overall value

#### Cigna Pharmacy Management®

We are a Pharmacy Benefits Manager within a global health service company. Our goal is to leverage holistic customer insights and integrated analytics to deliver a more personalized experience and, ultimately, better outcomes and lower total medical costs.

#### What's inside?

Cigna is closely monitoring the Coronavirus outbreak .....	1
July 2020 formulary and biosimilar strategy .....	1
Value of the Cigna and Express Scripts combination .....	1
Vaccine coverage under the pharmacy benefit .....	2
SafeguardRx® for Cigna offers helpful health interventions .....	2
First FDA-approved peanut allergy treatment .....	3

#### Drug updates

Pipeline review .....	4
Brand drug additions.....	6
Generic drug additions .....	7
On the horizon.....	8

Continued on page 2

Together, all the way.®





Value of the Cigna and Express Scripts combination, continued from page 2

A significant milestone in our combination with Express Scripts is an **upgrade to our pharmacy claim-processing platform – moving to our proprietary Express Scripts claim engine.**

This upgrade began for new business on January 1, 2020 and, starting February 2020, began to roll out to existing clients upon their individual renewal dates. Many of the enhancements to our integrated pharmacy benefit begin for clients upon this upgrade.

Looking ahead, we are eager to continue efforts to provide more choices, products and innovation for more personalized whole person care. We have set a bold target of **reducing total medical costs at or below Consumer Price Index (CPI) by 2021 for our integrated business.** To get there, we're relentlessly focused on improving affordability, predictability and simplicity to continue to transform and improve healthcare for our clients and customers.

[Click here](#) to learn more about the value delivered to date from the Cigna and Express Scripts combination.

## Vaccine coverage to be available under the pharmacy benefit

Effective in 2020, upon a client's next renewal, coverage of vaccines will be available under the pharmacy benefit. Previously, vaccines were typically available only through the medical benefit. In the past, only certain pharmacies, mostly chains, could administer vaccines under the medical benefit. Now, vaccine coverage, if administered by a certified pharmacist, will be available through our network of retail pharmacy providers. Customers can simply visit an in-network pharmacy, show their prescription ID card, and request a flu shot or other covered vaccine. The pharmacy will then be responsible to submit the vaccine for billing via the pharmacy benefit.

Vaccines available for coverage include flu, tetanus/diphtheria/pertussis, hepatitis, human papillomavirus (HPV), meningitis, pneumonia, shingles/zoster, and childhood vaccines such as measles, mumps, rubella (MMR).

Covering eligible vaccines through the pharmacy benefit is just one more way to make access to care a bit simpler. Customers and their covered dependents will have the convenience of using a local pharmacy to obtain needed vaccines.

All states allow certified registered pharmacists to administer flu and shingles vaccines. And most states

allow pharmacists to administer all other vaccines.\* However, every state has specific regulations regarding age restrictions, which vaccines can be administered by a certified pharmacist, and if a prescription is required. Customers can contact their network pharmacy in advance to check on vaccine availability, whether a certified pharmacist is available to administer the needed vaccine, hours of operation, age restrictions, etc. Mini-clinics within retail pharmacy stores are NOT part of this program because they can only process the claim through the medical benefit.

Coverage will include claim payment for the vaccine drug product and pharmacist administration of the vaccine. This coverage is only available through pharmacy providers as a service administered by duly certified pharmacists. The pharmacy coverage cannot extend to other types of medical providers or pharmacy-based health clinics.

\*State regulations apply. Which vaccines pharmacists can administer, patient age restrictions, and prescription requirements vary by state.

## SafeguardRx® for Cigna offers helpful health interventions

SafeGuardRx for Cigna is a program that helps limit our clients' financial exposure, driving down costs for certain complex, costly conditions. These include oncology, inflammatory conditions, multiple sclerosis and other rare conditions. Beyond that, the program offers a proactive medication adherence coaching service to customers taking diabetic or pulmonary therapies.

We communicate our coaching service to eligible customers via a quarterly mailing. Through this service, Cigna pharmacists (also referred to as medication coaches) are available to talk through topics such as:

- > Medication options
- > Side effects
- > Barriers to medication adherence
- > Possible interactions

Our Cigna medication coaches also have access to customers' medication and medical history. They can connect customers to additional chronic condition coaching at Cigna as well as behavioral health support.

There is no action or additional cost required from clients or customers to launch the SafeGuardRx for Cigna program.

[Click here](#) to read examples of helpful patient interventions that took place because of SafeGuardRx for Cigna.



## First peanut allergy treatment approved by FDA

Peanut allergy is one of the most common food allergies in the world, affecting more than 1.6 million children and teens in the United States alone.<sup>1,2</sup>

A first-of-its-kind treatment for patients with peanut allergy is now available. The U.S. Food and Drug Administration (FDA) announced approval of Palforzia®, by the manufacturer Aimmune Therapeutics, Inc., as of January 31, 2020. This new oral immunotherapy drug works to prevent or decrease chances of severe allergic attack upon accidental exposure to peanuts.

Treatment with Palforzia initiates in children ages 4-17. Treatment begins over the course of several months. Patients receive a gradual increase in dosage from 3 mg per day to a maintenance dose of 300 mg per day – about the same amount of protein as in one peanut. The first doses at each increasing level must take place in a health care facility, staffed and equipped to manage severe allergic reactions. A minimum of 12 office/health care facility visits are necessary to reach maintenance dosing. Individuals of 18 years or older can continue to take this drug if they initiated treatment at some point between the ages of 4-17.

Palforzia will be designated as not-covered on Cigna's formularies initially, with medical necessity review available. Palforzia will be classified as a Specialty drug. Cigna will conduct a comprehensive review evaluating the clinical safety and efficacy, the medication's overall value, and other factors before making a coverage decision.

Currently available treatments for peanut exposures include emergency administration of epinephrine. A second possible peanut immunotherapy, Viaskin® Peanut (DBV Technologies), a daily skin patch formulation intended for children age 4-11 years, has an FDA action date of August 5, 2020.

- 1 United States Census Bureau Quick Facts (2015 estimates). <<http://ir.aimmune.com/news-releases/news-release-details/fda-approves-aimmunes-palforziatm-first-treatment-peanut-allergy>>.
- 2 Gupta R, Warren C, Blumenstock J, et al. OR078 The Prevalence of Childhood Food Allergy in the United States: An Update. Ann Allergy Asthma Immunol. 2017;119 (5 Suppl): S11. <<http://ir.aimmune.com/news-releases/news-release-details/fda-approves-aimmunes-palforziatm-first-treatment-peanut-allergy>>.



## Drug updates

### Pipeline review

This section highlights some of the pipeline drugs expected to be approved by the U.S. Food and Drug Administration (FDA) in late 2019 or early 2020 that may significantly impact clinical practice and/or pharmaceutical costs.

Drug name/ manufacturer	Proposed use	How it works	What's important
<b>clascoterone</b> / Cassiopea	Topical treatment of acne	Topically applied androgen receptor inhibitor	<b>Route of administration:</b> Topical <b>Benefit coverage:</b> Pharmacy <b>Anticipated FDA decision:</b> 8/2020 <b>U.S. sales forecast in 2024:</b> \$286M
<b>exenatide implant- able</b> / Intarcia	Type 2 diabetes	Subcutaneous implant continuously delivers exenatide for 3 months (introductory dose) or 6 months (maintenance). Exenatide is also available as a subcutaneous injection: Byetta (administered twice daily) or Bydureon (administered weekly).	<b>Route of administration:</b> Subcutaneous (SC) implant <b>Benefit coverage:</b> Medical <b>Anticipated FDA decision:</b> 3/2020
<b>abrocitinib</b> / Pfizer	Moderate-to-severe atopic dermatitis	An oral janus kinase (JAK) 1 inhibitor for adults and adolescents 12 years and older. Atopic dermatitis (AD) is a chronic skin disease characterized by inflammation of the skin and skin barrier defects.	<b>Route of administration:</b> Oral <b>Benefit coverage:</b> Pharmacy, Specialty <b>Anticipated FDA decision:</b> 1Q2020 <b>Estimated cost per year:</b> \$36,000
<b>idecabtagene</b> / Bluebird Bio	Treatment of advanced multiple myeloma that has failed or not responded to other therapies	Chimeric antigen receptor T-cell therapy (CAR-T) immuno-oncology agent. CAR-T therapy is a new type of immuno-oncology that harnesses patient's own immune system to eliminate cancer cells. If approved, it will be the first CAR-T therapy for use in multiple myeloma.	<b>Route of administration:</b> IV injection <b>Benefit coverage:</b> Medical, Specialty <b>Anticipated FDA decision:</b> 2020 <b>Estimated cost:</b> \$475,000



## Pipeline review

Drug name/ manufacturer	Proposed use	How it works	What's important
<b>valoctocogene roxaparvovec</b> / BioMarin Pharmaceutical, Inc.	Treatment of hemophilia A	One-time gene therapy treatment designed to replace the missing gene that causes hemophilia A, thereby restoring normal blood clotting function and eliminating the need for lifelong factor replacement therapy. Hemophilia A affects about 16,000 Americans with 400 male births per year.	<b>Route of administration:</b> IV injection <b>Benefit coverage:</b> Medical, Specialty <b>Anticipated FDA decision:</b> 8/2020 <b>Estimated cost:</b> \$2-3M
<b>beta beglogene da- ralentivex</b> / Bluebird Bio	Treatment of transfusion-dependent beta thalassemia	One-time gene therapy treatment that genetically modifies a patient's own hematopoietic stem cells to deliver the beta-globin gene. Current treatment may include regular blood transfusions, chelation therapy to remove excess iron due to transfusions, surgery to remove spleen and/or gallbladder (if needed), and possible bone marrow transplant. In the United States, thalassemia's prevalence is approximately 1 in 272,000 or about 1,000 people.	<b>Route of administration:</b> IV infusion <b>Benefit coverage:</b> Medical, Specialty <b>Anticipated FDA decision:</b> 2020 <b>Estimated cost:</b> \$2M+
<b>lisocabtagene maraleucel</b> / Bristol- Myers-Squibb	Treatment of relapsed/ refractory aggressive large B-cell non-Hodgkin lymphoma	Chimeric antigen receptor T-cell therapy (CAR-T) immuno-oncology agent. CAR-T therapy is a new type of immuno- oncology that harnesses patient's own immune system to eliminate cancer cells. Yescarta and Kymriah (both CAR-T therapies) are also indicated for DLBCL when failing 2 prior therapies.	<b>Route of administration:</b> IV injection <b>Benefit coverage:</b> Medical, Specialty <b>Anticipated FDA decision:</b> 8/2020 <b>Estimated cost:</b> \$373,000
<b>ozanimod</b> / Celgene	Treatment of relapsing multiple sclerosis	S1P receptor modulator that is similar but more selective than Gilenya (fingolimod). Also in development for ulcerative colitis and Crohn's disease.	<b>Route of administration:</b> Oral capsules <b>Benefit coverage:</b> Pharmacy, Specialty <b>Anticipated FDA decision:</b> 3/2020 <b>Estimated cost:</b> \$60,000-80,000

Notes:

Benefit coverage is based on currently available information and could change pending final FDA-approved prescribing information.



## Formulary updates

The following changes have been made to Cigna formularies between November 1, 2019 and December 27, 2019

### Brand drug additions

BRAND NAME	STRENGTH	COMMON USE	CLINICAL EDITS	PRESCRIPTION DRUG LIST TIER				
				Standard formulary	Value formulary	Performance formulary	Advantage formulary	Legacy formulary
EGRIFTA SV	2 MG	GROWTH HORMONE RELEASING HORMONE(GHRH) AND ANALOGS	PA	3	3	3	3	3
OLUMIANT	1 MG	JANUS KINASE (JAK) INHIBITORS	PA, QL	3	3	3	3	3
PRETOMANID	200 MG	ANTITUBERCULAR ANTIBIOTICS	PA, QL	3	3	3	3	3
ZIEXTENZO	6 MG/0.6ML	LEUKOCYTE (WBC) STIMULANTS	PA	2	2	2	2	2

PA: Prior authorization

T1/Tier 1: Generic

QL: Quantity limit

T2/Tier 2: Brand

ST: Step therapy

T3/Tier 3: Non-preferred

NC: Not covered: This drug is not covered. However, if the covered alternative is not appropriate for the customer, there is a process where his/her provider can request approval of this drug.



## Generic drug additions

GENERIC NAME	STRENGTH	CORRESPONDING BRAND NAME	COMMON USE	CLINICAL EDITS	PRESCRIPTION DRUG LIST TIER				
					Standard formulary	Value formulary	Performance formulary	Advantage formulary	Legacy formulary
CIPROFLOXACIN HCL/FLUOCINOLONE	0.3-0.025%	OTOVEL	OTIC PREPARATIONS, ANTI-INFLAMMATORY-ANTIBIOTICS		3	3	3	3	3
DEFERASIROX	90, 180, 360 MG	JADENU	METALLIC POISON, AGENTS TO TREAT		1	1	1	1	1
DOXEPIN HCL	3, 6 MG	SILENOR	SEDATIVE-HYPNOTICS, NON-BARBITURATE		1	1	1	1	1
ETONOGESTREL/ETHINYL ESTRADIOL	.12-.015MG	NUVARING	CONTRACEPTIVES, INTRA-VAGINAL, SYSTEMIC		1	1	1	1	1
EVEROLIMUS	2.5, 5, 7.5 MG	AFINITOR	ANTINEOPLASTIC - MTOR KINASE INHIBITORS	PA	1	1	1	1	1
INSULIN ASPART	100/ML	NOVOLOG	INSULINS		DRT	DRT	DRT	DRT	2
INSULIN ASPART	100/ML (3)	NOVOLOG FLEXPEN	INSULINS		DRT	DRT	DRT	DRT	2
INSULIN ASPART PROT/INSULIN ASP	70-30/ML	NOVOLOG FLEXPEN	INSULINS		DRT	DRT	DRT	DRT	2
INSULIN ASPART PROT/INSULIN ASP	70-30/ML	NOVOLOG MIX 70-30 VIAL	INSULINS		DRT	DRT	DRT	DRT	2
ISOSORBIDE DINITRATE	40 MG	ISORDIL	VASODILATORS, CORONARY		1	1	1	1	1
MESALAMINE	0.375G	APRISO	DRUG TX-CHRONIC INFLAM. COLON DX, 5-AMINOSALICYLATE		1	1	1	1	1
SUCRALFATE	1 G/10 ML	CARAFATE	ANTI-ULCER PREPARATIONS		1	1	1	1	1
SULCONAZOLE NITRATE	1%	EXELDERM	TOPICAL ANTIFUNGALS		DRT	DRT	DRT	DRT	3
TRAVOPROST	0.00%	TRAVATAN Z	MIOTICS AND OTHER INTRAOCULAR PRESSURE REDUCERS		1	1	1	1	1

PA: Prior authorization

QL: Quantity limit

ST: Step therapy

NC: Not covered: This drug is not covered. However, if the covered alternative is not appropriate for the customer, there is a process where his/her provider can request approval of this drug.

T1/Tier 1: Generic

T3/Tier 3: Non-preferred

DRT: Indicates drug placed on Drug Removal Table



## On the horizon – upcoming first generic launches\*

TARGET DATE	BRAND NAME	GENERIC NAME	COMMON USE	2018 U.S. BRAND SALES
1Q2020	Vimovo	naproxen/esomeprazole	Pain/Inflammation	\$578 M
3/8/20	Somatuline Depot	lanreotide	Endocrine disorders	\$507 M
3/10/20	Zortress	everolimus	Transplant	\$146 M
3/29/20	Taytulla	norethindrone acetate/ ethinyl estradiol	Contraceptives	\$149 M
1Q2020	Zohydro ER	hydrocodone bitartrate	Pain	\$42 M
Mid 2020	Afinitor 10mg	everolimus	Cancer	\$394 M
1H2020	Saphris	asenapine	Mental/Neuro disorders	\$120 M
1H2020	Aptensio XR	methyphenidate ER	Attention disorders	\$19 M
7/28/20	Taclonex suspension	calcipotriene/betamethasone	Skin conditions	\$76 M
9/29/20	Tykerb	lapatinib	Cancer	\$66 M
9/30/20	Atripla	efavirenz/emtricitabine/ tenofovir disoproxil fumarate	HIV	\$1,273 M
9/30/20	Truvada (200/300)	emtricitabine/tenofovir disoproxil fumarate	HIV	\$3,160 M
10/1/20	Kuvan	sapropterin dihydrochloride	Endocrine disorders	\$43 M
11/26/20	Risperdal Consta	risperidone microspheres	Mental/Neuro disorders	\$413 M
12/6/20	Ofirmev	acetaminophen intravenous	Pain/Inflammation	\$342 M
12/27/20	Absorica	isotretinoin	Acne	\$308 M
2020	Byetta	exenatide	Diabetes	\$187 M
2020	CiproDex Otic	ciprofloxacin/dexamethasone	Ear infections	\$436 M
2020	ProAir HFA	albuterol	Asthma	\$1,447 M
2020	Proventil HFA	albuterol	Asthma	\$181 M
2020	Restasis	cyclosporine ophthalmic	Ophthalmic conditions	\$1,768 M
2020	Samsca	tolvaptan	Endocrine disorders	\$113 M

\* M = Millions, IMS Sales 2018



Health benefit plans vary, but in general to be eligible for coverage a drug must be approved by the Food and Drug Administration (FDA), prescribed by a health care professional, purchased from a licensed pharmacy and medically necessary. Some plans require use an in-network pharmacy for prescriptions to be covered. Coverage is subject to any plan deductible, copayment and/or coinsurance requirements. 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 prescription drug coverage, contact a Cigna representative.

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