

# Express Scripts – Your Rx Partner

CIS partners with Express Scripts to provide prescription drug services for Regence members. We care about your health and work to make medicine safer and more affordable. We encourage you to take advantage of the services and resources available to help you and your dependents manage your pharmacy benefit.



## Home Delivery from the Express Scripts Pharmacy

One of the best things about home delivery is that we ship up to a 90-day supply of your long-term medicine (the kind you take regularly) right to your door from the Express Scripts Pharmacy<sup>SM</sup>. It's safe, secure and speedy – and means less time in a pharmacy line!

Here's a quick look at the benefits of Home Delivery:

- Free standard shipping\*
- Up to a 90-day supply of your long-term medicines delivered to your home
- 24/7 access to a pharmacist from the privacy of your home
- 25% less than retail pharmacies on average\*\*
- Order your refills online or on the phone

\*Cost of standard shipping is included as part of your prescription plan.

\*\*Average percentage savings figure based on analysis of Jan-Dec 2013 claims for clients with an integrated benefit, excluding Medicare clients and clients participating in mandatory mail programs. Patient savings based on patient shifting all long-term medicines to mail.



## Accredo Specialty Pharmacy

Accredo<sup>®</sup> is the Express Scripts specialty pharmacy. A specialty pharmacy provides medicine and therapy for patients with serious, chronic conditions like cancer and hepatitis C. Accredo offers specialized teams of pharmacists, nurses and clinicians who are specially trained on your condition. This level of specialization gives you the most comprehensive, compassionate and customized care available.

Accredo offers many specialized services, including:

- Personal care and health advocacy assistance from patient care coordinators
- Financial assistance (availability varies by plan)
- Guidance to patients and caregivers for taking specialty medicines most effectively
- All necessary ancillary supplies such as syringes and sharps containers

Specialty medications must be filled through Accredo. Please visit [www.express-scripts.com/CIS4](http://www.express-scripts.com/CIS4) for a list of Specialty medications. [To learn more about Accredo, please visit Accredo.com.](#)





## Network Retail Pharmacies

Network pharmacies are retail pharmacies that are preferred by your prescription plan. When you go to a pharmacy that's in your network, you'll often pay less for your medicine. If you go to a retail pharmacy that's out of your network, depending on your plan, you'll typically pay more.

To find an in-network pharmacy near you, go to [www.express-scripts.com/CIS4](http://www.express-scripts.com/CIS4), or call Express Scripts at 800-496-4182.

Be sure to show your ID card at the pharmacy. If you need to transfer your prescription from an out of network pharmacy to an in-network pharmacy, just choose one of the following:

- Bring your prescription to an in-network pharmacy, and the pharmacist will transfer it
- Call a pharmacy in your network, and ask the pharmacist to transfer your medicine
- Ask your doctor to call your prescription in to an in-network pharmacy



## Step Therapy

Step Therapy rules may apply to patients who take a long-term medicine for conditions like arthritis, high blood pressure and high cholesterol. Step therapy is how we help keep everybody's healthcare costs down, while providing safe, effective medicine choices. For example, if you're taking a brand name medicine when there is an equally effective, lower-cost generic available, a step therapy rule encourages you to try the generic first. Using generics is less expensive for you and your employer or plan.

To learn more, watch the short video at <https://www.express-scripts.com/members/steptherapy/steptherapyfacts.htm>



## Manage Your Prescription

One of the great things about being an Express Scripts member is that you can manage your medicine easily on your laptop, tablet, desktop or phone. Whether you want to check your order status, look for savings opportunities, look up information about your benefit, get a refill or even find a pharmacy, the Express Scripts app can help!

Just register at [express-scripts.com/Activate](http://express-scripts.com/Activate) or on the app.

You can download the app on your phone by searching your app store for Express Scripts. (Availability and features may vary)

