

# Medications, outreach, and counseling that focus on weight loss

Helping clients and customers avoid the long-term health costs of obesity.

## SafeGuardRx® for Cigna Weight Management Program

SafeGuardRx for Cigna uses strengthened contracting agreements with pharmaceutical manufacturers to hold pharma accountable for the value and efficiency of high-cost therapies. This program now includes drugs to help support weight loss.

**Beginning April 1, 2022, SafeGuardRx for Cigna adds the Weight Management program.** The program includes the prescription weight-loss drugs **Wegovy** and **Saxenda**, along with the tools and support that focus on the importance of medication adherence to manage weight successfully.

### Eligible customers are those who:

- 1. Are new to therapy** – Customers who recently filled a prescription for the weight-loss drug Wegovy or Saxenda will receive a letter focusing on the importance of adherence and encouraging them to call our clinicians to have their questions answered.
- 2. Have not refilled** – Customers who have not refilled their current prescription for Wegovy or Saxenda within the past 45 days will be contacted by phone and letter to educate on the importance of adherence and to answer questions.
- 3. Stopped use** – Customers who stopped using a prescription weight-loss drug (other than Wegovy) during the 12- to 18-month period prior to the Weight Management program start-date and who complete a clinical assessment. These customers will also have additional support with 24/7 access to online, live physician interactions and prescriptions through MDLIVE®<sup>3</sup> and personalized coaching provided by the Express Scripts Therapeutic Resource Center.

People who have obesity are at increased risk of developing conditions that are known to reduce life span, such as diabetes, heart disease, osteoarthritis, musculoskeletal issues and some cancers.

- It's projected that by 2030, 85% of U.S. adults will be overweight or obese<sup>1</sup>
- If the obesity trends continue unchecked, by 2030, obesity-related medical costs could rise to \$66 billion a year in the U.S.<sup>2</sup>



## Automatic enrollment for our clients with a Weight Loss buy-up program

All Cigna pharmacy commercial clients that have elected or purchased the Weight Loss buy-up program (Diet drugs & Anti-obesity) are automatically enrolled in our SafeGuardRx for Cigna Weight Management program.

To learn more about SafeGuardRx for Cigna and how you can enroll your employees in a weight management program, please contact your Cigna sales representative.

- No action for clients
- No benefit restrictions
- No disruption to customers
- No additional fees
- Annual credit payout & reporting

**The SafeGuardRx for Cigna Weight Management program is yet another example of how we continue to leverage the power of our relationship with Express Scripts to help provide enhanced value for clients.**



1. Adela Hruby, PhD, MPH and Frank B. Hu, MD, PhD, MPH. The Epidemiology of Obesity: A Big Picture. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4859313/>. Accessed March 1, 2022.

2. Harvard School of Public Health. Paying the Price for Those Extra Pounds. <https://www.hsph.harvard.edu/obesity-prevention-source/obesity-consequences/economic/>. Accessed March 1, 2022.

3. Cigna provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not be available in all areas.

This document provides program highlights only. It is not a contract. Coverage for eligible drugs will be administered according to the applicable plan documents, including plan exclusions and limitations.

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