

## Using your prescription benefits



# A home delivery (mail order) pharmacy service you can trust

Express Scripts® Pharmacy delivers your long-term (or maintenance) medicines right where you want them. No driving to the pharmacy. No waiting in line for your prescriptions to be filled.

### Savings and convenience

- Express Scripts® Pharmacy delivers up to a 90-day supply of long-term medicines.<sup>1</sup>
- Prescriptions are delivered to the address of your choice, within the U.S., with free standard shipping.
- You can order from the comfort of your home — through your mobile device, online or over the phone. Your doctor can fax, call or send your prescription electronically to Express Scripts® Pharmacy.
- Tamper-evident, unmarked packaging protects your privacy.

### Support and service

- You can receive notices by phone, email or text — your choice — when your orders are placed and shipped. You will be contacted, if needed, to complete your order. To select your notice preference, register online at [express-scripts.com/rx](https://www.express-scripts.com/rx) or call **833-715-0942**.
- 24/7 access to a team of knowledgeable pharmacists and support staff.
- You can choose to receive refill reminder notices by phone or email.
- Multiple pharmacy locations across the U.S., for fast processing and dispensing.



**Medicines may take up to five business days to deliver after Express Scripts Pharmacy receives and verifies your order.**

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

# Getting Started with Express Scripts® Pharmacy Mail Order

## Online and mobile

You have more than one option to fill or refill a prescription online or from a mobile device:

- Visit **express-scripts.com/rx**. Follow the instructions to register and create a profile. See your active prescriptions and/or send your refill order.
- Log in to **myprime.com** and follow the links to Express Scripts® Pharmacy.

## Over the phone

Call **833-715-0942**, 24/7, to get started with mail order, transfer a current prescription or to refill. Please have your member ID card, prescription information and your doctor's contact information ready.

## Through the mail

To send a prescription order through the mail, visit **bcbstx.com** and log in to Blue Access for Members. Complete the mail order form. Mail your prescription, completed order form and payment to Express Scripts® Pharmacy.

## Talk to your doctor

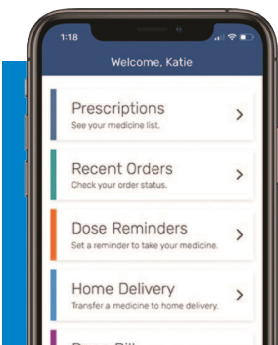
Ask your doctor for a prescription for up to a 90-day supply of each of your long-term medicines.<sup>1</sup> You can ask your doctor to send your prescription electronically to Express Scripts® Pharmacy, call **888-327-9791** for faxing instructions or call the pharmacy at **833-715-0942**. If you need to start your medicine right away, request a prescription for up to a one-month supply you can fill at a local retail pharmacy.

## Refills are easy

Refill dates are shown on each prescription label. You can choose to have Express Scripts® Pharmacy remind you by phone or email when a refill is due. Choose the reminder option that best suits you.

## Questions?

Visit **bcbstx.com**. Or call the phone number listed on your member ID card.



## Use the mobile app to manage your prescriptions

- Refill prescriptions
- Track your order
- Make payments
- Set reminders to take medicines and more

1. Prescriptions of up to a 90-day supply, or the most amount allowed by the benefit plan.

Express Scripts® Pharmacy is a pharmacy that is contracted to provide mail pharmacy services to members of Texas. The relationship between Express Scripts® Pharmacy and Blue Cross and Blue Shield of Texas is that of independent contractors. Express Scripts® Pharmacy is a trademark of Express Scripts Strategic Development, Inc.

Prime Therapeutics LLC is a pharmacy benefit management company, contracted by BCBSTX to provide pharmacy benefit management and related other services. BCBSTX, as well as several independent Blue Cross and Blue Shield Plans, has an ownership interest in Prime Therapeutics LLC. MyPrime.com is an online resource offered by Prime Therapeutics, LLC.



## Saving money on specialty medications



Blue Cross and Blue Shield of Texas supports members who need self-administered specialty medication and helps them manage their therapy. Accredo® is the specialty pharmacy chosen to do just that.<sup>1</sup>

Specialty drugs are often prescribed to treat complex and/or chronic conditions, such as multiple sclerosis, hepatitis C and rheumatoid arthritis.

Specialty drugs often call for carefully following a treatment plan (or taking them on a strict schedule). These medications have special handling or storage needs and may only be stocked by select pharmacies.

Some specialty drugs must be given by a health care professional, while others are approved by the FDA for self-administration (given by yourself or a care giver). Medications that call for administration by a professional are often covered under your medical benefit plan. Your doctor will order these medications. Coverage for self-administered specialty drugs is usually provided through your pharmacy benefit plan. Your doctor should write or call in a prescription for self-administered specialty drugs to be filled by a specialty pharmacy.

Your plan may require you to get your self-administered specialty drugs through Accredo or another in-network pharmacy. If you do not use these pharmacies, you may pay higher out-of-pocket costs.<sup>2</sup> Your doctor may also order select specialty drugs that must be given to you by a health professional through Accredo.

# Do You Need Specialty Medications?

## Examples of self-administered specialty medications

This chart shows some conditions self-administered specialty drugs may be used to treat, along with sample medications. This is not a complete list and may change from time to time. Visit [bcbstx.com](http://bcbstx.com) to see the up-to-date list of specialty drugs.

| Condition            | Sample Medications <sup>3</sup>                      |
|----------------------|--|
| Autoimmune disorders | Cosentyx, Enbrel, Humira, Xeljanz                    |
| Osteoporosis         | Forteo, Tymlos                                       |
| Cancer (oral)        | Gleevec, Nexavar, Sprycel, Sutent, Tarceva           |
| Growth hormones      | Norditropin Flexpro, Nutropin AQ, Omnitrope          |
| Hepatitis C          | Daklinza, Epclusa, Harvoni, Mavyret, Sovaldi, Vosevi |
| Multiple sclerosis   | Betaseron, Copaxone, Rebif                           |

## Support in managing your condition: Accredo

Accredo carries roughly 99% of specialty drugs, which means you're more likely to get all of your specialty drugs from one pharmacy. Through Accredo, you can have your covered, self-administered specialty drugs delivered straight to you. When you get your specialty drugs through Accredo, you get:

- One-on-one counseling from 500+ condition-specific pharmacists and 600+ nurses
- Simple communication, including refill reminders, by your choice of phone, email, text or web<sup>4</sup>
- An online member website to order refills, check order status and track shipments, view order and medication history, set profile preferences and learn more about your condition
- A mobile app that lets you refill and track prescriptions, make payments and set reminders to take your medicine<sup>4</sup>
- Free standard shipping
- 24/7 support

## Ordering through Accredo

You can order a new prescription or transfer your existing prescription for a self-administered specialty drug to Accredo. **To start using Accredo, call 833-721-1619.** An Accredo representative will work with your doctor on the rest.

Once registered, you can manage your prescriptions on [accredo.com](http://accredo.com) or through the mobile app.

## Receiving specialty medications

Since many specialty drugs have unique shipping or handling needs, shipments will be arranged with you through Accredo. Medications are shipped in plain, secure, tamper-evident packaging.

Before your scheduled fill date, you will be contacted to:

- Confirm your drugs, dose and the delivery location
- Check any prescription changes your doctor may have ordered<sup>5</sup>
- Discuss any changes in your condition or answer any questions about your health<sup>5</sup>

## One-on-one support

Accredo has 15 Therapeutic Resource Centers<sup>®</sup> (TRCs), each focused on a specific specialty condition. Through your one-on-one counseling sessions, they'll discuss how to reduce your disease progression and achieve your treatment goals, manage any side effects from your drugs, help you stick to your regimen and monitor your progress. They can also offer support with any financial or insurance concerns you may have.

**Certain coverage exclusions and limits may apply, based on your health plan. For some medicines, members must meet certain criteria before prescription drug benefit coverage may be approved. Check your benefit materials for details, or call the customer service number listed on your ID card with questions.**

1. Blue Cross and Blue Shield of Texas (BCBSTX) contracts with Prime Therapeutics to provide pharmacy benefit management and related other services. BCBSTX, as well as several independent Blue Cross and Blue Shield Plans, has an ownership interest in Prime Therapeutics.

2. The BCBSTX specialty pharmacy network includes Accredo as well as other in-network specialty pharmacies for select specialty drugs. Based on the benefit plan, members may be responsible for the full cost of the specialty drug for not using an in-network specialty pharmacy. You can log in to your Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>) account to find an in-network specialty pharmacy near you.

3. Third-party brand names are the property of their respective owners.

4. Not all medicines can be refilled on the app, by text or email.

5. Treatment decisions are between you and your doctor.

Accredo is contracted to provide services for BCBSTX. Accredo is a trademark of Express Scripts Strategic Development, Inc.

| Pharmacy access options<br>Refills allowed as prescribed | PPO plan  | HDP   |
|--|---|---|
| Retail up to a 30-day supply                             | \$15 generic<br>\$30 preferred brand<br>\$60 non-preferred brand  | <ul style="list-style-type: none"> <li>• For retail and home delivery pharmacy, you will pay 100% of the cost until you meet your deductible.</li> <li>• After deductible, you pay 20% of the cost until the network OOP is met.</li> <li>• After network OOP, plan pays 100%.</li> </ul> |
| Retail up to a 90-day supply                             | \$30 generic<br>\$60 preferred brand<br>\$120 non-preferred brand |   |
| Mail order pharmacy up to a 90-day supply                | \$30 generic<br>\$60 preferred brand<br>\$120 non-preferred brand |   |
| Specialty pharmacy up to a 30-day supply                 | \$10 generic<br>\$20 preferred brand<br>\$40 non-preferred brand  |   |

### No-additional-cost contraceptive services (prescription required)

The medical or pharmacy benefit plan covers certain contraceptives at no additional cost to you, when you use a network doctor or pharmacy. Pharmacies can be retail or home delivery. This includes generic contraceptives and some brand-name drugs in certain cases. Not all drugs or services are covered. If you have questions, call the number on your ID card.

Your plan covers the following methods:

- Hormonal methods, like birth control pills, patches, vaginal rings and injections
- Barrier methods, like diaphragms and cervical caps (covered under medical)
- Over-the-counter barrier methods (male and female condoms, spermicides and sponges, when prescribed by a doctor)
- Intrauterine contraceptives (Kyleena, Mirena®) (covered under medical)
- Implantable medications (Nexplanon) (covered under medical)
- Emergency contraceptives (Plan B, ella®)

### Preventive drugs

Your health plan includes other drugs often used for preventive care at no additional cost to you when you use a pharmacy or doctor in your plan's network. Age limits, restrictions and other requirements may apply.

Examples of some drugs that may be covered are:

- aspirin
- bowel prep for a colonoscopy
- breast cancer primary prevention
- fluoride, folic acid and iron supplements
- HIV prevention
- single agent statins
- smoking cessation
- vaccines