

# Press Release



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## **Cigna Study Shows Improved Health, Well-being and Affordability for Individuals with Integrated Medical, Behavioral and Pharmacy Benefits**

*Results from third annual Value of Integration Study demonstrate the power of Cigna's connected health care approach*

**BLOOMFIELD, Conn. – October 29, 2018** – A study by global health service company Cigna Corporation (NYSE: CI) shows that individuals whose medical, behavioral and pharmacy health benefits are connected and administered by Cigna are more engaged in their health and well-being than those who are not fully integrated across medical, behavioral and pharmacy. As a result, people experience improved health and employers experience cost savings.

“A person’s physical and mental health are connected, and health care is best delivered – and produces the best outcomes – when it is connected as well,” says Scott Josephs, M.D., national medical officer at Cigna. “The results of this study demonstrate the value of our integrated, holistic approach to care, and we’ll continue to advocate for more integration on behalf of the people we serve.”

Results from this year’s study showed positive health outcomes for individuals and lower medical costs for employers who offer integrated medical, comprehensive behavioral and pharmacy benefits administered by Cigna, including:

- Employers see an average medical savings of \$193 annually for each covered person and \$645 annually for each person with a known health improvement opportunity.
- 22 percent more people engage in health coaching and case management programs.
- Employers see annual medical cost savings of \$9,792 for engaged customers with a specialty condition, such as multiple sclerosis or rheumatoid arthritis. When people being treated for diabetes are engaged, the savings is \$5,900.
- A 9 percent reduction in high cost medical claims for customers with integrated benefits.
- Customers with integrated benefits had a 10 percent reduction in out of network claims.

“When people are actively engaged in their health and well-being, we see improvement across all metrics,” said Jon Maesner, PharmD, chief pharmacy officer at Cigna. “Offering a fully-connected pharmacy benefit allows us to maximize every opportunity available to engage the people we serve, and we’re encouraged by the consistent value shown by connecting medical, behavioral and pharmacy benefits.”

### **About the Study**

Cigna conducts the Value of Integration Study annually to assess and evaluate opportunities to optimize health plan benefit designs. Cigna's 2018 Value of Integration Study examined approximately 4.9 million customer claims from January 2016 to December 2017 from medical claims for group benefit plans. Approximately half of the population had comprehensive medical, behavioral and pharmacy benefits administered by Cigna while the other half had only medical benefits with minimal behavioral benefits administered by Cigna.

Customers were matched between the two groups on key attributes, including demographics, health condition, access to health improvement services, plan design and geographies.

KPMG LLP was engaged by Cigna to perform a review of Cigna's analysis of medical cost savings benefits from integration. While KPMG did not validate the Cigna 2018 Pharmacy Integration Study, KPMG reviewed the approach and methods used to conduct the study of medical cost savings benefits and found them to be sound. Cigna used a published academic method and appropriate statistical tests. KPMG did not conduct an independent analysis to verify any results. KPMG did not audit the data or the programming code used to conduct the study. The data used for the Cigna study was Cigna's own internal data.

### **About Cigna**

Cigna Corporation (NYSE: CI) is a global health service company dedicated to helping people improve their health, well-being and sense of security. All products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, Life Insurance Company of North America and Cigna Life Insurance Company of New York. Such products and services include an integrated suite of health services, such as medical, dental, behavioral health, pharmacy, vision, supplemental benefits, and other related products including group life, accident and disability insurance. Cigna maintains sales capability in over 30 countries and jurisdictions, and has more than 95 million customer relationships throughout the world. To learn more about Cigna®, including links to follow us on Facebook or Twitter, visit [www.cigna.com](http://www.cigna.com). For more information about Cigna's proposed acquisition of Express Scripts, please visit [www.advancinghealthcare.com](http://www.advancinghealthcare.com).

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