



**BLAME IS NOT
A SOLUTION.
LET'S FIND ONE.**

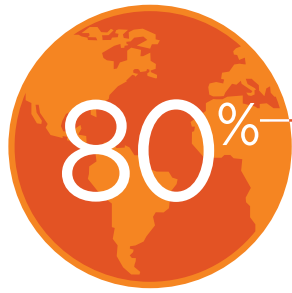
Cigna is committed to a 25% reduction in customer opioid use by 2019.

It's important to change the conversation about substance use disorders, taking away the stigma and finding solutions that can help. Treating substance use disorders as a chronic disease can help find and support those who may be at risk. We must adopt a new mindset when addressing this epidemic by ending blame to find real solutions.

Together, all the way.®



The United States consumes



of the world's supply of prescription opioids.¹

In 2015

276,000

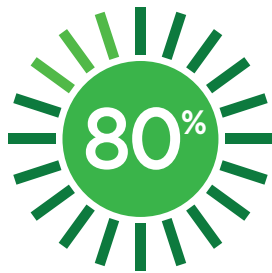
adolescents were current nonmedical users of pain relievers,



WITH

122,000

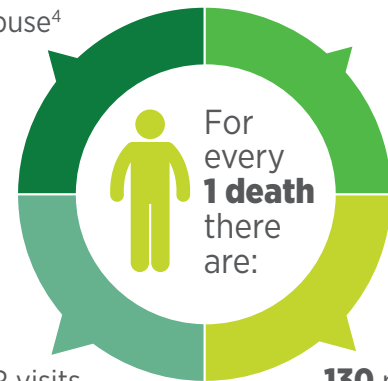
having an addiction to prescription pain relievers.²



of people with an opioid use disorder begin with a **prescription opioid**.³

10 treatment admissions for abuse⁴

825 nonmedical users⁴



32 ER visits for misuse or abuse⁴

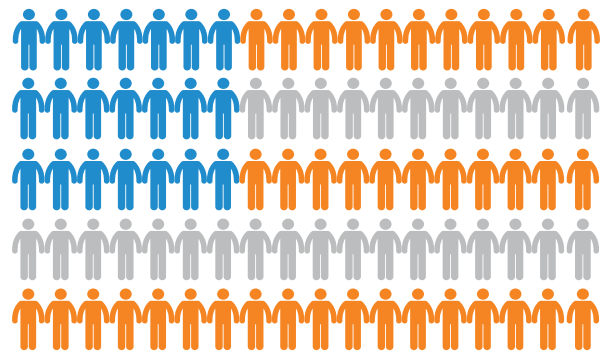
130 people who abuse or are dependent⁴

Statistically significant drug overdose death rate increase in the United States from 2014 to 2015.⁵



Significant increases ranged from **7.6% in Illinois** to **35.3% in Massachusetts**. (CDC data)⁵

91 AMERICANS



die every day from an opioid overdose (includes prescription drugs and heroin).³

“ *If evidence-based treatment and performance-based reimbursement are the gold standard for treating physical illness, we need the same approach for treating substance use disorders.* ”

— David Cordani, President and CEO, Cigna Corporation

PRIORITIZE PREVENTION THROUGH A HOLISTIC HEALTH APPROACH

We need a health care system that supports early detection and prioritizes a holistic approach to health. This requires a focus on total health – mind and body – so that individuals can stay healthy.

Combining medical, behavioral and pharmacy benefit data helps us connect the right people with the right programs to combat substance use disorders. Here are ways Cigna is working to affect change.

› **Identifying those at risk through our Narcotic Therapy Management program** and notifying providers when our customers appear to be obtaining prescriptions from multiple providers and receiving a harmful level of opioid prescriptions.

- › **Partnering with our network providers** to help at-risk patients engage with quality, cost-efficient behavioral facilities.
- › **Strengthening prior authorizations and quantity limits** to improve clinical appropriateness and safety.
- › **Providing increased access to substance use disorder (detox) drugs** and to clinically proven, cost-effective overdose reversal agents.
- › **Arranging services and support** for a patient's entire family, and aiding in collaboration between inpatient and outpatient.



PLEDGE WITH PROVIDERS

We asked our 160 contracted Cigna Collaborative Care medical groups – which together encompass more than 82,000 doctors – to commit to taking action to reduce opioid use while improving pain management and substance use treatment where appropriate.⁶

- › 60 Collaborative Care groups signed the pledge as of January 2017.⁶
- › Our goal is to have all of our Collaborative Care medical groups sign the pledge.

INTEGRATE EVIDENCE-BASED TREATMENT AND INFORM PUBLIC POLICY

Cigna engages with providers, policymakers and major stakeholders to change our national conversation and share best practices around substance use disorders.

- › Cigna provided two years of integrated customer claim data to the **American Society of Addiction Medicine (ASAM)** to identify successful treatment and prevention guidelines. The goal is to verify what works in the treatment of patients with addiction, make the medical community aware of proven strategies and hasten the adoption of these successful methods.
- › Encourage health care providers to adopt the **Centers for Disease Control and Prevention (CDC)** 2016 guidelines for acute and chronic use of opioids and support the adoption of medication-assisted treatment programs.
- › Participate in the **America's Health Insurance Plans (AHIP)** task force on opioid use disorder prevention and treatment.
- › Support adoption of a national pain management strategy.

SUPPORTING ORGANIZATIONS DEDICATED TO ADDICTION PREVENTION AND TREATMENT

In August 2016, the Cigna Foundation contributed its second \$100,000 World of Difference grant to **Shatterproof**, a nonprofit organization committed to giving those living with addiction, and their families, resources and information to overcome addiction.

Cigna also partners with the **Association for Behavioral Health and Wellness** to change perceptions and reduce the stigma of mental illness and substance use through the *Stamp Out Stigma* initiative.

Working with these organizations is critical to transform the dialogue on these disorders from a whisper to a conversation.



Find out more about how you can be part of the solution at:

[Cigna.com/awayfromblame](https://www.cigna.com/awayfromblame)

Together, all the way.®



1. Cleveland Clinic, "Opiates Kill More People than Car Accidents," 26 September 2014.
2. Center for Behavioral Health Statistics and Quality. (2016) Key substance use and mental health indications in the United States: Results from the 2015 National Survey on Drug Use and Health (HHS Publication No. SMA 16-4984, NSDUH Series H-51). Retrieved from <http://www.samhsa.gov/data/>
3. Rudd, R.A., et al. Morbidity and Mortality Weekly Report (MMWR), "Increases in Drug and Opioid Overdose Deaths - United States, 2000-2014," 1 January 2016.
4. CDC, Injury Prevention & Control: Opioid Overdose, "Prescription Opioid Overdose Data," 12 March 2016.
5. CDC, Drug Overdose Death Data, statistically significant drug overdose death rate increase from 2014 to 2015, US states, 16 December 2016. Retrieved from: <https://www.cdc.gov/drugoverdose/data/statedeaths.html>
6. Cigna press release, Cigna Encourages Medical Practices to Sign Opioid Pledge, Nov. 2016. Retrieved from: <https://www.cigna.com/newsroom/news-release/2016/cigna-encourages-medical-practices-to-sign-opioid-pledge>

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