



### How to contact TheraCare

The TheraCare team  
can be reached at

**1.800.633.6521**

Monday through Friday  
between  
10 a.m. and 9 p.m. EST.

“It’s a **good feeling** to know  
that all these people out there,  
complete strangers, [are] **all  
there to help you. It’s wonderful!**”

– Annette, TheraCare customer.



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TheraCare®

Better **Health.** Better **You.**



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# TheraCare<sup>®</sup>

*Better Health. Better You.*



Specialty medications are used to treat rare and chronic diseases like multiple sclerosis, hepatitis C and rheumatoid arthritis. Although some are oral medications, the majority of specialty drugs are injected and require close supervision and monitoring of therapy for safety and effectiveness.

TheraCare is designed to support people who use specialty medications for a number of chronic conditions. TheraCare works with you to help you better understand your condition, your medications and their side effects. It also helps you understand why it's important to take your medications exactly as prescribed by your doctor (known as adherence).

Good adherence to therapy is extremely important because it can lower the risk of side effects and improve the effectiveness of your medications. In many cases, good adherence to therapy will improve your health and quality of life.

## Do you have any of the following conditions and use a specialty medication to treat it?

- Ankylosing spondylitis
- Asthma
- Cancer (using an oral chemotherapy medication)
- Chemotherapy-induced anemia
- Enzyme disorders (such as gaucher's disease, fabry's disease and others)
- Inflammatory bowel disease (Crohn's disease and ulcerative colitis)
- Pulmonary arterial hypertension
- Growth hormone deficiency (pediatric or adult)
- Hemophilia
- Hepatitis C
- Multiple sclerosis
- Psoriasis
- Respiratory syncytial virus (prevention using Synagis)
- Rheumatoid arthritis

### **If so, our TheraCare team is here to support you.**

*Please note: your health plan may not offer TheraCare for all these conditions.*

## Personalized Care

There are many benefits to TheraCare. Most importantly, you'll get a personalized team including a nurse and therapy support coordinator. Your team will help you to:

- Monitor your side effects and help you work through them.
- Work with you to reduce any roadblocks standing in the way of taking your medications as prescribed.
- Coordinate new prescription orders and refills through Cigna Home Delivery Pharmacy.
- Work with you and your doctor to make sure you get laboratory monitoring of your medications when appropriate.
- Arrange in-home training on how to use your self-injectable medications.

## Can TheraCare help you?

If you have one of the conditions mentioned here and are using a specialty medication as part of the treatment prescribed by your doctor, you may be eligible for TheraCare.

TheraCare is available to Cigna customers whose employers have elected to make it available to its employees and their dependents. To learn more about TheraCare call 1.800.633.6521.

