90DayMyWay®

Home delivery or pharmacy pickup – your choice.

Get a 90-day supply of your maintenance prescription drugs.



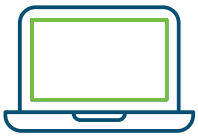
What is 90DayMyWay?

It's a program that requires you to get 90-day supplies of your maintenance drugs, which are prescription drugs you take regularly for long-term conditions like high cholesterol, high blood pressure, or asthma.*



Where can I get my 90-day supply?

You can fill your 90-day supplies at thousands of in-network pharmacies that offer 90-day supplies. Or you can choose Express Scripts® Pharmacy home delivery with free shipping, 24/7 support, and a mobile app for easy access.



How do I get started?

- To switch to a 90-day prescription at an in-network pharmacy, just ask your provider to switch your maintenance prescriptions to a 90-day supply or ask your pharmacist to contact your provider to change your prescription. To find an in-network pharmacy that offers 90-day supplies, log in to your secure account at **CapitalBlueCross.com** or call the Member Services number on the back of your ID card.
- To switch to Express Scripts® Pharmacy home delivery, go to **Express-Scripts.com/rx** and create an account, or call **833.715.0946**. Ask your provider to send 90-day supply prescriptions electronically or fax them to Express Scripts® Pharmacy at **800.837.0959**.

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* Some prescription drug benefits allow an initial 30-day fill and a 30-day refill for maintenance drugs before 90-day fills are required. Refer to your Certificate of Coverage for specific information about your prescription drug benefit.

Express Scripts® Pharmacy is a pharmacy that is contracted through Prime Therapeutics LLC to provide mail pharmacy services to members of Capital Blue Cross. On behalf of Capital Blue Cross, Prime Therapeutics LLC assists in the administration of our prescription drug program. Prime Therapeutics LLC is an independent pharmacy benefit manager. Express Scripts® Pharmacy is a trademark of Express Scripts® Strategic Development, Inc.

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