

# Menopause Coverage and Support

## Support for Your Health Through Mosaic, Cigna & Express Scripts (ESI)

Managing menopause symptoms can be tough — but you're not alone. Your Mosaic benefits include a wide range of medications and support to help you feel your best.

### What's Covered - RX?

- Hormone therapy (oral and vaginal estrogen)
- Hot flashes and night sweats
- Mood changes (low-dose antidepressants)
- Bone health (osteoporosis treatment)

### Non-Hormonal Medications:

#### Antidepressants

- Brisdelle (Paroxetine 7.5mg) – FDA-approved for hot flashes
- Other SSRIs – Venlafaxine, Citalopram, Escitalopram (not FDA-approved for hot flashes but may help)

#### Other Options

- Gabapentin & Pregabalin – May reduce hot flashes
- Oxybutynin – Helps with bladder issues and may ease hot flashes
- Clonidine – Blood pressure medication that may help with hot flashes

#### Newer Therapies (Require Prior Authorization)

- Veozah – For hot flashes and night sweats
- Osphena – For vaginal dryness and painful intercourse

### Hormone Therapy Medications:

#### What's covered:

Estradiol cream, vaginal inserts, Premarin cream  
Estradiol cream, patches, tablets, inserts  
Estradiol/norethindrone acetate  
Estradiol tablets  
Novarel, Ovidrel  
Gonal-F, Gonal-F RFF, Redi-Ject  
Generic prenatal vitamins

#### What's not covered:

Estring, Imvexxy, Intrarosa, Osphena  
Femring  
Bijuva, Premphase, Prempro  
Menest, Premarin tablets  
Chorionic Gonadotropin 10,000 Units  
Follistim AQ  
Citranatal, Natal PNV, Pregenna, Trinaz  
Elestrin, Estrogel, Evamist  
Crinone 4%

### Virtual Women's Health Support – Visana Health

Need expert help with menopause, perimenopause, hormone health, or reproductive care? You're covered!

Book a virtual visit with **Visana Health** – compassionate, expert care from the comfort of your home. Visit: [visanahealth.com/cigna](https://visanahealth.com/cigna) (Available with your Cigna Healthcare plan)

### Questions?

Contact **Express Script**: 877-476-9275, for help with medication coverage, cost and prior authorization.