

FOR IMMEDIATE RELEASE

August 20<sup>th</sup>, 2025

## Cigna Expands Coverage for Home Phototherapy — No Restrictions

*More than 66.7 million Americans now covered for safe, effective at-home treatment for psoriasis, eczema, and vitiligo*

August 20<sup>th</sup>, 2025 – Bryan, OH– [Phothera](#) announced today that Cigna has updated its coverage policy to remove prior restrictions on home phototherapy, effective 7/15/2025. This change opens access for Cigna’s 19.2 million covered lives nationwide, allowing eligible members with conditions such as psoriasis, eczema, and vitiligo to receive convenient, clinically proven treatment at home without unnecessary coverage limitations.

This follows a similar recent coverage decision by Elevance Health/Anthem, which covers 47.5 million lives, further expanding national access to home phototherapy across major health plans.

With both Cigna and Elevance now covering home phototherapy without restrictions, more than 66.7 million insured Americans have expanded access to a safe, non-invasive treatment clinically proven to achieve clearance or significant improvement in up to 80% of patients<sup>1</sup>. In the U.S., an estimated 8 million people live with psoriasis, over 16 million with eczema (atopic dermatitis), and approximately 6.5 million with vitiligo — many of whom require ongoing phototherapy to manage symptoms and improve quality of life.

These decisions lower patient out-of-pocket costs by up to 90%, enable earlier intervention that may reduce reliance on costly biologic drugs, and help insurers control costs. For insurers, home phototherapy offers a cost-effective alternative that can reduce annual treatment expenses by thousands of dollars per patient<sup>2</sup> compared to systemic and biologic therapies.

The peer-reviewed LITE Study found that home phototherapy delivers equivalent efficacy to in-office care, ~3× higher adherence, and the convenience of avoiding 2–3 clinic visits per week.<sup>1</sup>

“With both Cigna and Elevance now on board, this is a watershed moment for dermatologic care,” said Craig Stout, President at Phothera. “Millions more patients can now receive proven, effective treatment in the comfort of their own home — without unnecessary cost or access barriers. We remain committed to ensuring cost is never a barrier to treatment — working directly with insurance providers for coverage and offering financial assistance to eligible patients.”

## About Phothera:

Phothera is a leader in phototherapy solutions, partnering with healthcare providers to deliver safe, effective treatment in-clinic and directly to patients' homes. Our mission is to help people with chronic skin conditions — including psoriasis, eczema, and vitiligo — live fuller, healthier lives by ensuring cost and geography are never barriers to care. Through direct insurer partnerships, patient financial assistance programs, and innovative technology, Phothera empowers patients and providers with safe, accessible, clinically proven solutions that drive better adherence, outcomes, and quality of life.

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<sup>1</sup>**Feldman SR, et al.** Home vs Office-Based Narrowband UV-B Phototherapy for Patients With Psoriasis: A Randomized Clinical Trial (LITE Study). *JAMA Dermatology*.

2022;158(6):665–672. doi:10.1001/jamadermatol.2022.0996

– Also supported by: *Health.com*. “A Guide to Using Light Therapy for Psoriasis.”

<https://www.health.com/condition/psoriasis/a-guide-to-using-light-therapy-for-psoriasis>

– *Dermatology Times*. “Home phototherapy proves effective and preferred in LITE study.”

<https://www.dermatologytimes.com/view/home-phototherapy-proves-effective-and-preferred-in-lite-study-for-psoriasis-treatment>

<sup>2</sup>*Pharmacy Times*. “Psoriasis Treatment Cost Comparison: Biologics Versus Home Phototherapy.” <https://www.pharmacytimes.com/view/psoriasis-treatment-cost-comparison-biologics-versus-home-phototherapy>

– *JAAD*. “Cost-effectiveness of Home Phototherapy in Moderate-to-Severe Psoriasis.”

[https://www.jaad.org/article/S0190-9622\(11\)02023-8/fulltext](https://www.jaad.org/article/S0190-9622(11)02023-8/fulltext)