2019 Medication Therapy Management Program Information

What is the Medication Therapy Management Program?
The Medication Therapy Management Program is a service for members with multiple health conditions who take multiple medicines. This program can help you and your doctor feel confident that your medicines are working effectively to improve your health.

To qualify for the Medication Therapy Management Program, you must be eligible (see information below). If you qualify, we’ll automatically enroll you into the program, which we provide at no additional cost to you. You may choose not to participate in the program, but we recommend that you take advantage of this opportunity.

We offer the Medication Therapy Management Program through our partnership with Outcomes MTM™.

Who is eligible for the Medication Therapy Management Program?
You may qualify if:
1. You have three or more chronic health problems, which may include:
   - Asthma
   - Chronic Heart Failure (CHF)
   - Chronic Obstructive Pulmonary Disease (COPD)
   - Diabetes
   - High Blood Pressure
   - Osteoporosis
   - Increased Cholesterol/Lipids
2. You take eight or more daily medicines covered by Medicare Part D.
3. You are likely to use more than $4,044 worth of Part D-covered drugs in a year.

How does the Medication Therapy Management Program help me?
If you qualify for the program, your local community and consultant pharmacists who are part of the Outcomes MTM™ network receive notification that you are eligible for MTM services. These pharmacists also receive alerts for drug therapy issues or gaps in therapy. Pharmacists will take steps to resolve these issues by making recommendations to your physician to help you receive the most benefit from your medications. Pharmacists may also offer to complete a comprehensive medication review of your medicines including:
- Addressing any questions or concerns you may have about your prescription or over-the-counter medicines, such as drug safety or cost
- Reviewing how and when to take your medicines
- Explaining how you can get the most benefit from your medicines
What will I receive?
If you qualify for the Medication Therapy Management Program, you will receive:

- A welcome letter introducing you to the program with information on how to schedule an appointment with a pharmacist. You may also receive direct or automated calls from pharmacists to provide you more information about MTM services.

- Comprehensive medication review (each year you’re enrolled in the program)
  - This review is provided as a person-to-person visit with a pharmacist which is typically conducted face-to-face but may also be done by phone. During this visit you’ll discuss any issues with your medication. The visit takes 20–30 minutes and is typically provided by appointment.
  - After you complete the full medication review, you will be given a summary that includes a cover letter, medication action plan and personal medication list that will be provided to you by the pharmacist or by mail. View or print a sample medication action plan.

- Ongoing targeted medication reviews
  - At least once every three months, we’ll review your medicines and contact you and your doctor if changes are advised.
  - You may receive a consultation at the pharmacy or a phone call regarding this review.