

**CY2018 Medication Therapy Management Program (MTMP)
QUICK REFERENCE GUIDE**

What is MTMP: MTMP, or MTM, is a Medication Therapy Management Program required by all Medicare Part D sponsors. The MTM program is designed to ensure that covered Part D drugs prescribed to beneficiaries are appropriately used to optimize therapeutic outcomes through improved medication use. Further, the program is designed to reduce the risk of adverse events, including adverse drug interactions. The program is developed in cooperation with licensed and practicing pharmacists and physicians.

MTMP Eligibility Criteria

(evaluated weekly and must re-qualify each year)

Beneficiaries must meet all of the following criteria:

- **Three or more (3+)** of the 6 target conditions based on drug claims (High Cholesterol, Diabetes, Heart failure, High Blood Pressure, Asthma/COPD)
- **Eight or more (8+)** Part D chronic drug claims within the past year
- An expected **annual drug spend of \$3,967** (Requires minimum of 3 months of claims data)

| Type of Mailings or Interventions | Summary |
|---|---|
| <p align="center">INTRODUCTION LETTER (Weekly Member Targeting)</p> | <p>Initial letter/mailing is sent to the member after they meet the eligibility criteria above. It informs the member that they qualify for the MTM program in which they receive:</p> <ol style="list-style-type: none"> 1. Comprehensive medication reviews (CMR) with a pharmacist by phone 2. Targeted Medication Reviews (TMR) <ul style="list-style-type: none"> • The MTM program is provided at no charge and is optional. • To “OPT-OUT” of the MTM program, the beneficiary may call the MTMP number found in the Introduction letter or for additional questions refer to the phone number on your member ID card. • Qualifying members are automatically enrolled into the MTM program. You will be contacted via letter if you meet the criteria for participation and can opt out at any time. |
| <p align="center">COMPREHENSIVE MEDICATION REVIEW (Scheduled by the beneficiary)</p> | <p>The Comprehensive Medication Review includes:</p> <ul style="list-style-type: none"> • Review of medications • Interactive, person-to-person consultation • Individualized, written summary of the consultation <p>One of our qualified pharmacists or licensed pharmacy interns under the supervision of a pharmacist will discuss a/the participating beneficiary’s/beneficiaries’ medications with them. If they are interested in receiving a comprehensive medication review, they may call the number listed on their member ID card.</p> |

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| | <p>Upon calling, they will schedule an appointment for a review at a later time.</p> <p>This offer is provided to participating beneficiaries in the Introduction Letter Mailing described above.</p> |
| <p>TARGETED MEDICATION REVIEWS</p> <p>(Mailed as necessary)</p> | <p>Targeted Medication Reviews include:</p> <ul style="list-style-type: none"> • Cost Savings opportunities • Safety Alerts, including drug-drug interactions and others • Treatment suggestions to discuss with the beneficiaries' doctor • Beneficiaries' who are identified as not refilling their medication(s) on time. <p>Member letters resulting from TMRs also have a CMR offer in their letters to provide additional encouragement for CMR participation.</p> |
| <p>PHYSICIAN INTERVENTIONS</p> <p>(Ongoing Faxes and Mailings)</p> | <p>Physicians will receive a fax on any of their members who qualify for interventions in the following categories:</p> <ul style="list-style-type: none"> • Cost Savings opportunities • Safety Alerts • Condition/Disease Alerts |

To see an example of a full medicine review letter, go to:
[Medical Review Letter.pdf](#)

Medication Therapy Management Information

What is the Medication Therapy Management (MTM) Program?

The Medication Therapy Management (MTM) Program is a service for members with multiple health conditions and who take multiple medicines. The MTM program helps you and your doctor make sure that your medicines are working to improve your health.

To qualify for the MTM program, you must be eligible. Please see below for those details. If you qualify, you will be auto-enrolled into the program and the service is provided at **no additional cost** to you. You may choose not to participate in the program, but it is recommended that you make use of this free service.

The MTM program is offered in collaboration with Express Scripts, Inc. and in conjunction with the Medication Management Center (MMC) at the University of Arizona. The MTM program is not considered a part of the plan's benefit.

Who is eligible for the MTM Program?

You may qualify for the MTM Program if:

1. You have 3 or more chronic health problems. These may include:
 - Asthma
 - Chronic heart failure (CHF)
 - Chronic obstructive pulmonary disease (COPD)
 - Diabetes
 - High blood fat levels

- High blood pressure
- 2. You take 8 or more daily medicines covered by Medicare Part D.
- 3. You spend \$3,967 or more per year on Part D covered medications.

How does the MTM Program help you?

If you qualify for the MTM Program, you will be contacted and have the chance to speak with a highly-trained pharmacist or a pharmacist intern who is under the direct guidance of a pharmacist. During that call, the pharmacist or pharmacy intern will complete a comprehensive medication review of your medicines and talk with you about:

- Any questions or concerns about your prescription or over-the-counter medicines, such as drug safety and cost
- Better understanding of your medicines and how to take them
- How to get the most benefit from your medicines

What will you receive?

If you qualify for the MTM Program, you will receive:

- Welcome letter that tells you how to get started
- Full medication review
 - You will have the chance to review your medicines with a highly-trained pharmacist or a pharmacist intern under the direct guidance of a pharmacist each year. This review will take about 20-30 minutes. During this call any issues with your medicines will be discussed. The call can be scheduled at a convenient time for you.
 - After you complete the full medication review, a summary is mailed to you. The summary includes a medication action plan with space for you to take notes or write down any follow-up questions.
 - You also will be mailed a personal medication list that lists all of the medicines that you take and the reasons why you take them.
 - Click here to see an example of the full medication review letter:
[Medical Review Letter.pdf](#)
- Ongoing targeted medication reviews
 - At least once every 3 months, your medicines will be reviewed, and you or your doctor will be contacted if there are recommendations for any changes in your medicines.
 - You may get a letter or a phone call for this review.

How can I learn more about the MTM Program?

For information about the MTM Program or to see if you qualify, you can call the number on your member ID card.