

**CY2022 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 at least quarterly and must re-qualify each year.)**

**Beneficiaries must meet all the following criteria:**

- **Three or more (3+) of the 5 target conditions based on drug claims (High Blood Fat Levels, Diabetes, Heart failure, High Blood Pressure, and Rheumatoid Arthritis)**
- **Take eight or more (8+) Part D chronic drugs daily**
- **Have an expected annual drug spend of \$4,696 (Requires minimum of 3 months of claims data)**

**Additionally, members that are enrolled in their Health Plan's Drug Management Program(s) may be auto enrolled in the MTM Program.**

<b>Type of Mailings or Interventions</b>	<b>Summary</b>
<b>INTRODUCTION LETTER</b>	<p>Welcome letter sent to the member after they meet eligibility criteria above. Informs the member that they qualify for the MTM program in which they receive:</p> <ol style="list-style-type: none"> <li>1. Comprehensive medication review (CMR) with a pharmacist or healthcare provider</li> <li>2. Targeted Medication Reviews (TMR)</li> </ol> <ul style="list-style-type: none"> <li>• The MTM program is provided at no charge and is optional</li> <li>• To “OPT-OUT” of the MTM program, the beneficiary may call the MTMP number found in the Welcome Letter or for additional questions refer to the phone number on their member ID card</li> <li>• Qualifying members are automatically enrolled into the MTM program and will be contacted via letter and / or telephone if criteria for participation is met.</li> </ul>
<b>COMPREHENSIVE MEDICATION REVIEW</b>	<p>The Comprehensive Medication Review includes:</p> <ul style="list-style-type: none"> <li>• Review of all medications</li> <li>• Interactive, person-to-person consultation</li> <li>• Individualized, written summary of the consultation</li> </ul> <p>One of our qualified pharmacists or other health professionals will discuss the participating beneficiaries’ medications with them. If you are interested in receiving a comprehensive medication review, please call the number listed on your member ID card.</p>

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

## 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 highly recommended that you make use of this service.

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:
  - Chronic Heart Failure (CHF)
  - Diabetes
  - High blood fat levels (High Cholesterol)
  - High blood pressure
  - Rheumatoid Arthritis
2. You take 8 or more daily medicines covered by Medicare Part D
3. You are spending \$4,696 or more in 2022 on Part D covered medications

Additionally, members that are enrolled in their Health Plan's Drug Management Program(s) may be auto enrolled in the MTM Program.

## 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 other health professional. During that call, the pharmacist 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 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 other health professional. 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 the medicines that you take and the reasons why you take them
  - Click here to see an example of the Personal Medication List: [PML document](#)
- Ongoing targeted medication reviews
  - At least once every 3 months, your medicines will be reviewed, and you or your doctor may 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.

Anthem Blue Cross wants you to have every opportunity to participate in this program when and where convenient for you. That is why we also work with other health organizations to provide MTM services on our behalf. One of these organizations may contact you about completing a Comprehensive Medication Review or other MTM services.

**Partner organizations: MedWatchers, Outcomes™ – Patient Engagement Team.**

Anthem Blue Cross Cal MediConnect Plan (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees.

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