

Medication Therapy Management

Medication Therapy Management (MTM) is a medication review program mandated by the Centers for Medicare & Medicaid Services (CMS) for certain eligible Medicare Part D enrollees. MTM consists of an interactive face-to-face or telephonic consultation designed to improve patient medication knowledge, identify and address drug therapy problems, and optimize therapeutic outcomes.¹ A 2019 study showed that receipt of MTM services was associated with fewer acute inpatient admissions and emergency department visits, and improvements in medication adherence.²

MTM eligibility requirements are determined by CMS and may change annually.³ Additionally, to address concerns regarding opioid overutilization, CMS has encouraged health plans to expand MTM services to those who also meet opioid Overutilization Monitoring System (OMS) criteria.⁴ Members are eligible for CalOptima's MTM program in 2020 if they meet all three elements of the CMS criteria and/or the OMS criteria:⁵

CMS Criteria	<ol style="list-style-type: none"> Receiving medications for three or more of the following conditions: <ul style="list-style-type: none"> Asthma Chronic obstructive pulmonary disease (COPD) Diabetes Dyslipidemia End stage renal disease (ESRD) Hypertension Taking eight or more Part D medications Likely to exceed \$4,255 in medication costs per year
Opioid OMS Criteria	<p>Members with an average daily morphine milligram equivalent (MME) dose ≥ 90 mg for any duration during the most recent six months, and one of the following:</p> <ol style="list-style-type: none"> Receiving opioids from three or more prescribers and three or more pharmacies; or Receiving opioids from five or more prescribers.

CalOptima offers MTM services by clinical pharmacists to OneCare and OneCare Connect at no cost. MTM sessions include, but are not limited to the following:

- A comprehensive medication review that assesses appropriateness of prescription and over-the-counter (OTC) medications as well as herbal products and dietary supplements
- Member education to improve understanding of the benefits of drug therapy
- Identification of barriers to adherence and strategies for increased compliance
- Recommendations regarding drug therapy optimization, reducing copays, drug-drug and drug-disease interactions, dose adjustments, therapeutic duplications, and adverse drug reactions

CMS requires members participating in MTM to receive a personal medication list and a medication action plan to help optimize the use of their medications. After the visit, the primary care provider will also receive a copy of the medication list, identified medication related issues, and recommendations.

Members with chronic conditions and using multiple prescription and non-prescription medicines may benefit from MTM services. Members who are interested in participating in our MTM program or would like more information can call 1-877-412-2734 for OneCare members and 1-855-705-8823 for OneCare Connect members.

References

- APhA MTM Central. American Pharmacist Association. <http://www.pharmacist.com/medication-therapy-management-services>. Accessed January 22, 2020.
- Ferries E, Dye JT, Hall B, Ndehi L, Schwab P, Vaccaro J. Comparison of Medication Therapy Management Services and Their Effects on Health Care Utilization and Medication Adherence. *J Manag Care Spec Pharm*. 2019;25(6):688-695.
- Centers for Medicare and Medicaid Services. CY 2020 Medication Therapy Management Program Guidance and Submission. Published April 5, 2019. Accessed January 22, 2020.
- Centers for Medicare and Medicaid Services. Part D Drug Management Program Policy Guidance. Published November 20, 2018. Accessed January 22, 2020.
- Medication Therapy Management. CalOptima. <https://www.caloptima.org/en/ForMembers/OneCare/Pharmacy/MedicationTherapyManagement.aspx>. Revised January 2020. Accessed January 22, 2020.

The CalOptima Approved Drug List is available on our website: www.caloptima.org
and for PDA download at www.epocrates.com