



Medication Therapy Management

Medication Therapy Management (MTM) is a comprehensive medication review program mandated by the Centers for Medicare & Medicaid Services (CMS) for certain Medicare Part D enrollees. Medication reviews consist of interactive face-to-face or telephonic consultations to promote patient knowledge and adherence, identify and address drug therapy problems, prevent adverse drug events, and improve clinical outcomes for chronic conditions.¹ According to a 2022 systematic review, pharmacist-delivered MTM services led to improved hypertension, dyslipidemia and diabetes outcomes, with a greater percentage of patients achieving blood pressure <130/80 mmHg, LDL-C <100 mg/dL, and A1C <7% compared to those not receiving MTM.²

MTM program eligibility requirements are determined by CMS and may change annually.³ Additionally, MTM services are also offered to those deemed “at-risk” for opioid overutilization.⁴ Members are identified as eligible for the OneCare (HMO D-SNP), a Medicare Medi-Cal Plan, MTM program on a quarterly basis if they meet all three elements of the CMS criteria and/or at least one of the opioid Overutilization Monitoring System (OMS) criteria and are subsequently deemed at risk following opioid case management.

CMS Criteria	<ol style="list-style-type: none"> 1. 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 2. Taking eight or more Part D medications 3. Likely to exceed \$5,330 in medication costs per year
Opioid OMS Criteria	<ol style="list-style-type: none"> 1. Members with an average daily morphine milligram equivalent (MME) dose of 90 mg or more for any duration during the most recent six months, and one of the following: <ol style="list-style-type: none"> a. Receiving opioids from three or more prescribers and three or more pharmacies b. Receiving opioids from five or more prescribers 2. Members with a medical claim for an opioid-related overdose during the most recent 12 months and an opioid prescription (excluding medication assisted treatment) during the most recent six months

CalOptima Health offers MTM services from clinical pharmacists to OneCare members at no cost. MTM sessions include, but are not limited to:

- 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 co-pays, drug-drug and drug-disease interactions, dose adjustments, therapeutic duplications, and adverse drug reactions

CMS requires members enrolled in the program to receive information about the safe disposal of prescription drugs, including opioids. Additionally, participating members must receive a medication list and a recommended to-do list with steps to help take their medications safely and correctly. After the session, the primary care provider will also receive a copy of the medication list, identified medication-related issues and recommendations.

Members with chronic conditions who use multiple prescription and non-prescription medicines may benefit from MTM services. OneCare members who are interested in participating or would like more information can call **1-877-412-2734 (TTY 711)**.

References

1. American Pharmacists Association. Medication Therapy Management (MTM) Services. <https://www.pharmacist.com/Practice/Patient-Care-Services/Medication-Management>. Accessed February 26, 2024.
2. Marupuru S, Roether A, Guimond AJ, et al. A Systematic Review of Clinical Outcomes from Pharmacist Provided Medication Therapy Management (MTM) among patients with Diabetes, Hypertension, or Dyslipidemia. *Healthcare*. 2022; 10(7):1207. <https://doi.org/10.3390/healthcare10071207>.
3. Centers for Medicare and Medicaid Services. CY 2023 Medication Therapy Management Program Information and Submission. Published April 21, 2023. Accessed February 26, 2024.
4. Centers for Medicare and Medicaid Services. Part D Drug Management Program Policy Guidance. Published November 28, 2022. Accessed February 26, 2024.