



## **Medication Therapy Management (MTM) Program and Medicine Review Program**

### **Background and Goals**

The OneCare Medication Therapy Management (MTM) Program, also known as the Medicine Review Program, is a requirement under Medicare Part D and was developed with input from practicing pharmacists and physicians. Through a comprehensive review of a member's drug regimen, the primary goal of the MTM Program is to identify, resolve, and prevent medication-related problems to achieve optimal outcomes of drug therapy.

### **MTM Program**

Our pharmacists will deliver educational services for members with the following chronic diseases: diabetes, asthma, chronic obstructive pulmonary disease (COPD), hypertension, dyslipidemia and end-stage renal disease (ESRD).

Other services include:

1. Reviewing the patient's medication profile for:
  - Therapeutic duplication
  - Drug-drug interactions
  - Drug-disease interactions
  - Contraindications
  - Adverse effects
  - Subtherapeutic response
  - Overutilization or Underutilization
  - Potential fraud and abuse (e.g., repeated requests for lost medication)
  - Multiple prescribers
  - Other parameters as determined by the pharmacist on a case-by-case basis
2. Providing one-on-one education to the member regarding appropriate medication use for all conditions.
3. Utilizing interventions to improve adherence to prescribed medications regimens such as directed counseling and/or special packaging and/or refill reminders;
4. Contacting the member's prescriber as necessary to recommend changes to the medication regimen.

### **Physician Communication**

The member's primary care provider (PCP) plays an important role in the provision and coordination of quality care to OneCare members. After a member has completed a medication review with a pharmacist, a letter will be faxed with recommendations to the member's PCP.



## **Member Recruitment**

On a quarterly basis, members will be identified for participation in the program. Members are mailed an invitation every quarter to participate in the program. The invitation explains the benefits of participating.

Members are invited to participate in the program if they:

- Receive medications for three or more of the following diseases: diabetes, asthma, COPD, hypertension, dyslipidemia, and end-stage renal disease (ESRD),
- Are receiving eight or more different Part D medications per quarter;
- And are projected to exceed \$4,255 in pharmacy expenditures annually.

Due to the growing concern regarding the overutilization of opioids in the treatment of patients with chronic pain not associated with cancer, Part D plans have been encouraged to offer MTM services to beneficiaries who are at risk of adverse events due to opioid overutilization who do not otherwise qualify for MTM.

MTM services are now being offered to members who meet expanded internal criteria based on the Part D Drug Management Program for potentially at-risk and at-risk beneficiaries. Identified members receive the same CMRs, TMRs, and interventions that members who meet the specified MTM criteria receive. Members are identified for the Drug Management Program quarterly utilizing the following criteria for calendar year 2020:

1. A look back period of the previous six (6) months; and
2. Member prescription exceeded an average daily morphine milligram equivalent (MME) of ninety (90) milligrams (mg) for any duration; and
  - a. Filled opioid prescriptions written by three (3) or more prescribers and at three (3) or more pharmacies; or
  - b. Filled opioid prescriptions written by five (5) or more prescribers, regardless of the number of dispensing pharmacies.
3. Members excluded from the Drug Management Program include:
  - a. Members being treated for active cancer-related pain;
  - b. Members receiving hospice, palliative, or end-of-life care;
  - c. Members residing in certain facilities.



### **Program Outcomes**

On a quarterly basis OneCare will measure the impact of MTM interventions with regard to beneficiary medication profiles, such as:

- a. Recommended treatment regimens
- b. Number of chronic medications
- c. Projected annual pharmacy expenditures per beneficiary

For further information regarding the OneCare MTM Medicine Review Program, please call CalOptima Pharmacy Management at **1-714-246-8471**.