

## Medication Therapy Management (MTM) Program

As a West Virginia Senior Advantage member, you may be eligible for our Medication Therapy Management (MTM) Program at no additional cost to you. This program is not a plan benefit, but an additional free program meant to help members manage their health. The MTM program is designed to assist members who may benefit from additional support with their Part D medications for documented chronic illnesses including: Alzheimer's disease, Bone disease-arthritis (including osteoporosis, osteoarthritis, and rheumatoid arthritis), Chronic congestive heart failure (CHF), Diabetes, Dyslipidemia, End-stage renal disease (ESRD), Human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS), Hypertension, Mental health (including depression, schizophrenia, bipolar disorder, and chronic/disabling mental health conditions), and Respiratory disease (including asthma, chronic obstructive pulmonary disease (COPD), and chronic lung disorders. It is also for those at risk for misuse or abuse of frequently abused drugs.

Participants in the free MTM Program will get:

- An annual comprehensive medication review (CMR) that is completed by a nurse or a pharmacist. For members with cognitive impairment, the CMR may also include prescribers, caregivers or other authorized individuals who participate in meeting care needs. The CMR will take about 30 minutes to complete and is meant to help identify potential drug interactions, side effects and any gaps in care. Additionally, a Personal Medication List (PML) and a Medication Action Plan (MAP) will be developed. The PML lists current prescription medications, over-the-counter medications, and any dietary or herbal supplements. The MAP summarizes the CMR topics and is meant for participants and their medical providers to review and discuss to ensure health care needs are met.
- Quarterly targeted medication reviews (TMR) that assess ongoing medications used and address any unresolved issues that may need attention. During the TMR, if there have been any transitions in care, new drug therapies and/or any new medication needs will be discussed.
- Interventions for members and prescribers when appropriate
- Information about the safe disposal of prescription drugs and controlled substances; the "take back".

Our nurses and pharmacists complete the above activities to ensure your medications are optimal for your health and safety and reduce the risk of adverse drug interactions for you with a minimum time commitment by you.

### How do I qualify? What happens next?

Enrollment in this program is automatic for eligible members; there is no need to apply. We qualify members on a monthly basis for our MTM program using specific guidelines approved by CMS. To qualify for the MTM program, you must have at least 8 Part D prescription drug fills per month, have accumulated at least \$1,276 in drug costs annually, have at least 3 documented chronic illnesses, and/or have treatment plans involving medications that are categorized as at risk for misuse, you may qualify.

If you qualify for our MTM program, you will receive a letter with additional details. Upon completion of the review, you will receive written reports from those involved in the review to ensure you understand the findings and potential opportunities to improve your medication safety.

If you have questions or would like information on the service please call our pharmacy benefits manager, MedImpact at 833-665-5423. TTY users should call 711. Live representatives are available 24 hours a day, 7 days a week.