

## 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.

### Who is eligible for the MTM program?

We will automatically enroll you in the Medication Therapy Management (MTM) Program at no cost to you if you meet all of the following requirements:

- You take eight (8) or more Medicare Part D covered drugs.
- You have at least three (3) documented long-term health conditions 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).
- You have at least \$1,623 in annual drug spend.

If you are at risk for misuse or abuse of frequently abused drugs, you will be automatically enrolled in the MTM program. Additional requirements do not apply to at-risk beneficiaries.

### What services are included in the MTM program?

Participants in the free MTM Program will get:

- An annual comprehensive medication review (CMR) which 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 mailed to participants following their annual CMR. 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) which 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 are qualified MTM members enrolled and notified?**

Enrollment in this program is automatic for eligible members, there is no need to apply. We will qualify members on a monthly basis based on the program requirements. Recall, to qualify for the MTM program, you must take at least 8 Part D prescription drugs, accumulate at least \$1,623 in annual drug costs annually, and have at least 3 documented chronic illnesses; or have treatment plans involving medications that are categorized as at risk for misuse.

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.

### **How to obtain more information about our MTM program**

If you would like additional information about the MTM program, would like to receive copies of MTM materials (i.e., medication list), or you do not wish to participate in the MTM program please contact our pharmacy benefits manager, MedImpact at 833-665-5423. TTY/TDD users should call 711. Live representatives are available 24 hours a day, 7 days a week. This contact information can also be found on your Member ID card.