

# ApexHealth's Medication Therapy Management Program

## What is Medication Therapy Management?

The Medication Therapy Management (MTM) program is designed to ensure the safety and effectiveness of your medications. ApexHealth's MTM program helps Medicare Advantage plan members who have complex health needs or use multiple medications to treat chronic conditions better understand their prescriptions. Although the MTM program is a special program offered at no cost to our members, it is not considered a benefit.

### MTM can help you:

- Find potential gaps in your care
- Reduce the risk of medication errors, especially if you have chronic conditions, taken several medications or see multiple health care providers
- Understand your condition(s) and medications, so you can take an active role in managing your health

## Who is Eligible for the MTM Program?

ApexHealth determines eligibility by looking at your medication claims information. Once you qualify, you remain in the program for the rest of the calendar year. To participate in ApexHealth's MTM program, members must meet all three of the following criteria:

- Have at least three (3) chronic medical conditions from the following list:
  - Chronic Heart Failure
  - Dyslipidemia
  - Hypertension
  - Diabetes
  - Respiratory Disease – Asthma
  - Respiratory Disease – COPD
- Fill at least eight (8) Part D chronic / maintenance drugs
- Are likely to incur annual costs for covered Part D drugs that exceed \$4,255

Members meeting eligibility requirements are not excluded from the program based on their care setting, location, or other reasons. Your participation is voluntary and does not affect your coverage.

## How am I notified of my MTM eligibility?

Members who qualify for ApexHealth's MTM Program will be automatically enrolled and will receive written notification within 60 days inviting you to participate in the program. You will also receive a phone call inviting you to participate in the one-on-one medication review with a pharmacist or other qualified health care provider. This review

is called a comprehensive medication review (CMR) and is offered at no extra cost to you. Once enrolled in the program, you or your prescriber may be contacted about a targeted medication review (TMR) if an issue is identified with your medications that require you or your prescriber's attention. If the MTM provider finds an issue during a CMR or a TMR that requires your prescriber's attention, they may receive a telephone call or a fax from the MTM provider. A completed Personal Medication List will be mailed to you upon completion of your CMR.

### **Why is a review with a qualified MTM provider important?**

Different doctors may write prescriptions for you without knowing all the prescription drugs and/or OTC medications you take. For that reason, a qualified MTM provider will:

- Discuss how your prescription drugs and OTC medications may affect each other
- Identify any prescription drugs and OTC medications that may cause side effects and offer suggestions to help
- Help you get the most benefit from all of your prescription drugs and OTC medications
- Review opportunities to help you reduce your prescription drug costs
- Look for ways to help you save money on your out-of-pocket prescription drug costs

Discussing your medications can result in real peace of mind knowing that you are taking your prescription drugs and OTC medications safely.

ApexHealth continuously evaluates and improves the MTM program. No changes are made to the program during the calendar year that would make the MTM Program more restrictive.