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### **Medication Therapy Management Program (MTM program)**

We have a program that can help our members with complex health needs. For example, some members have several medical conditions, take different drugs at the same time, and have high drug costs.

A team of pharmacists and doctors developed the program for us. This program can help make sure you get the most benefit from the drugs you take such as including increasing your awareness regarding your medications and preventing or minimizing drug-rated risk. This program is free of charge and is open only to those who qualify. The MTM program is a clinical program provided by our Plan and is not considered a plan benefit.

#### **Who qualifies for the MTM program?**

We will automatically enroll you in the Plan's Medication Therapy Management Program at no cost to you if all three (3) conditions apply:

1. You take eight (8) or more Medicare Part D covered drugs
2. You have three (3) or more of these long-term health conditions: Alzheimer's Disease, Bone Disease-arthritis (including osteoporosis, osteoarthritis, and rheumatoid arthritis), Chronic Congestive Heart Failure, Diabetes, Dyslipidemia, End-stage Renal Disease, HIV/AIDS, Hypertension, Mental Health (including depression, schizophrenia, bipolar disorder, and other chronic/disabling mental health conditions), or Respiratory Disease (including asthma, chronic obstructive pulmonary disease (COPD), and other lung disorders).
3. You incurred drug cost of at least \$1,623 in the previous 90 days.

*At-risk beneficiaries (ARBs)* are also target beneficiaries for inclusion in the MTM program. An at-risk beneficiary is a Part D eligible individual who is identified using clinical guidelines as stated above; is not an exempted beneficiary; and is determined to be at-risk for misuse or abuse of such frequently abused drugs by a Part D plan sponsor under its drug management program in accordance with CMS requirements. Or, if the Part D plan sponsor receives notice upon enrollment that the beneficiary was identified

as at-risk under the prescription drug plan in which the beneficiary was most recently enrolled and such identification had not been terminated upon disenrollment.

**How will I be contacted if I qualify for the MTM program?**

We review for qualified members each month. If you qualify for the program, you will receive an initial letter indicating you are enrolled in the MTM program along with a personal medication record (PMR). The PMR contains a list of drugs covered by the Plan in the previous 4 months of the calendar year.

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

1. Comprehensive Medication Review (CMR): In the initial letter you receive, you will be offered a telephonic CMR with a member of our clinical staff. During the CMR, the personal medication record mailed initially to you will be verified and you can talk about how best to take your medications, your costs, and any problems or questions you have about your prescription and over-the-counter medications.

Upon completion of the CMR, an individualized written summary in the CMS standard format will be provided within 14 days of the CMR. The summary has a medication action plan that recommends what you can do to make the best use of your medications, with space for you to take notes or write down any follow-up questions. You will also get a personal medication list that will include all the medications you are taking and why you take them.

MTM enrollees may receive follow-up mailings on a quarterly basis to remind them of their opportunity for the CMR and to provide general member education materials.

2. Targeted Medication Review (TMR): A TMR is where we review your claims on a quarterly basis to identify therapy care gap and mail or fax suggestions to the healthcare professional that prescribed the medication. Prescribers will be re-notified regarding any unresolved therapy care gaps no more frequently than every 6 months. As always, your prescribing doctor will decide whether to consider our suggestions. Your prescription drugs will not change unless you and your doctor decide to change them.

**How can I get more information about the MTM program?**

If you would like additional information about this program, would like to receive copies of MTM materials, or you do not wish to take part in the MTMP, please call us at the number on the back of your member ID card.