

# MEDICA®

## Medica Part-D Medication Therapy Management Program (MTMP) 2008

Medica's Medication Therapy Management Program (MTMP) is a beneficiary focused letter based intervention describing the baseline MTMP, which encourages members to schedule a medication review appointment with their physician. Materials to facilitate this discussion are provided with the welcome letter. Beneficiaries and or providers may receive additional letter based notifications on optimal medication recommendations, such as information on noted drug-drug interactions, duplicative therapies, and compliance following a profile review completed by a Medica pharmacist. Members who meet the Medication Therapy Management criteria will be targeted at least one time annually. Members who continue with the program and are categorized at a higher risk level may encounter additional notifications based on clinical profile reviews performed by a pharmacist or nurse. Medica case management nurses or clinical pharmacist will contact members when interventions are identified to improve their overall health outcomes. The program is not considered a benefit for all Medica Part-D members, only those that meet the following criteria:

### Criteria for Eligibility in the MTMP:

A Medicare beneficiary must meet **ALL** three criteria to be eligible for MTMP.

- 1) Multiple Chronic Diseases:
  - a) Member must have three chronic diseases, one of which is asthma or chronic obstructive lung disease (COPD), diabetes, or heart failure (HF).
- 2) Multiple Covered Part D Drugs:
  - a) Member must be on six or more unique Part-D prescription medications.
- 3) Incurred Cost for Covered Part D Drugs:
  - a) To determine if a beneficiary is **likely to incur** annual costs of at least \$4,000 for all covered Part D drugs, Medica will look at a quarterly dollar threshold of \$1000 or more for Part D covered drugs in the first quarter of 2008.

### Identification

Members will be identified based on criteria noted above, approximately 30 days after the end of first quarter of the calendar year.

### Communication

All members identified for MTMP will receive a brown-bag mailing, explaining the purpose of MTMP and allowing them the option to opt-out of future interventions.

Additional communication will be sent to targeted members that have evidence of one of three scenarios in the prescription history:

- 1) Drugs of Concern – medications that are associated with high probability of adverse reactions and safety concerns for use in the elderly
- 2) Drug-Drug Interactions – evidence that using two medications with a likely drug interaction.
- 3) Preferred Pharmacy Alternatives – tips for saving out-of-pocket expenses for members that may be using higher tier or non-preferred medications.

The communications are intended to instruct members to discuss the identified concerns with their healthcare providers. Members should not discontinue or alter their current medications without the consent of their healthcare provider.

### Additional Outreach

A clinical pharmacist will review member medication profiles identified for MTMP. If a pharmacist determines that additional medication interventions could help a member to improve their health outcomes, a Medica case management nurse will contact the member by telephone to explain the identified medication interventions.

### MTMP Services Offered by Pharmacists

Medica does not cover MTMP services provided by a licensed pharmacist in the Medica pharmacy network as part of our Medicare approved MTMP for Medica Part D.

### Questions about MTMP?

Members may contact Medica's Center for Healthy Aging at 952-992-2300 (or 1-800-234-8755 outside the metro area) between 8 a.m. and 8 p.m., CST, seven days a week. . Hearing impaired members with a TTY telephone may call 952-992-3650 or 1-800-234-8819 to opt out in the Medication Therapy Management program, if they have questions about the program, or do not wish to receive additional communications about the program. Please note access to a representative is limited on the weekends/holidays during certain times of the year.