CalOptima Health

Pharmacy Update
July 2026

Medication Therapy Management

Medication Therapy Management (MTM) is a comprehensive medication review program mandated by the Centers for Medicare & Medicaid Services (CMS) for certain Medicare Part D enrollees. Medication reviews consist of interactive face-to-face or telephonic consultations to promote patient knowledge and adherence, identify and address drug therapy problems, prevent adverse drug events, improve clinical outcomes for chronic conditions, and reduce overall health care expenditures.[1] A study published by the Journal of Managed Care and Specialty Pharmacy showed that 581 patients who received pharmacist-driven telehealth services reduced total medical spending by $2,331.85 per patient over the first six months of service.[2]

MTM program eligibility requirements are determined by CMS and may change annually.[3] Additionally, MTM services are also offered to those deemed at risk for opioid overutilization.[4] Members are identified on a quarterly basis as eligible for the CalOptima Health OneCare (HMO D-SNP), a Medicare Medi-Cal Plan, MTM program if they meet all three elements of the CMS criteria and/or at least one of the opioid Overutilization Monitoring System (OMS) criteria and are subsequently deemed at risk following opioid case management.

CMS Criteria[3]	1. Receiving medications for three or more of the following conditions: • Alzheimer's disease • Bone disease-arthritis (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) • Respiratory disease (including asthma, chronic obstructive pulmonary disease [COPD] and chronic lung disorders) 2. Taking eight or more chronic Part D medications 3. Likely to exceed $1,276 in medication costs per year
Opioid OMS Criteria[4]	1. Members with an average daily morphine milligram equivalent (MME) dose of 90 mg or more for any duration during the most recent six months, and one of the following: a. Receiving opioids from three or more prescribers and three or more pharmacies b. Receiving opioids from five or more prescribers 2. Members with a medical claim for an opioid-related overdose during the most recent 12 months and an opioid prescription (excluding medication assisted treatment) during the most recent six months

CalOptima Health offers MTM services from clinical pharmacists to OneCare members at no cost. MTM sessions include:

- A comprehensive medication review that assesses the appropriateness of prescription and over-the-counter (OTC) medications, as well as herbal products and dietary supplements
- Member education to improve understanding of the benefits of drug therapy
- Identification of barriers to adherence and strategies for increased compliance
- Recommendations regarding drug therapy optimization, reducing copays, drug-drug and drug-disease interactions, dosage adjustments, therapeutic duplications and adverse drug reactions

CMS requires members enrolled in the program to receive information about the safe disposal of prescription drugs, including opioids. Additionally, participating members must receive a medication list and a recommended to-do list with steps to help them take their medications safely and correctly. After the session, the primary care provider will also receive a copy of the medication list, identified medication-related issues and recommendations for drug therapy changes.

Members with chronic conditions who use multiple prescription and non-prescription medicines may benefit from MTM services. OneCare members who are interested in participating or would like information can call **1-877-412-2734** (TTY **711**).

References

1. American Pharmacists Association. Medication Therapy Management (MTM) Services. https://www.pharmacist.com/Practice/Patient-Care-Services/Medication-Management. Accessed April 8, 2026.
2. Urick BY, Peters A, Pathak S, et al. Telehealth medication management and health care spending in a Medicare Accountable Care Organization. *J Manag Care Spec Pharm*. 2023 Apr;29(4):357-364. doi: 10.18553/jmcp.2023.29.4.357. PMID: 36989448; PMCID: PMC10387942. Accessed April 8, 2026.
3. Centers for Medicare and Medicaid Services. CY 2026 Medication Therapy Management Program Guidance and Submission Instructions. Published May 6, 2025. Accessed April 8, 2026.
4. Centers for Medicare and Medicaid Services. Part D Drug Management Program Policy Guidance. Published December 16, 2025. Accessed April 8, 2026.