



## Medication Therapy Management (MTM) Program

### **Background and Goals**

OneCare (HMO D-SNP), a Medicare Medi-Cal Plan, administers a Centers for Medicare and Medicaid Services (CMS) Medication Therapy Management (MTM) Program. The MTM Program, also known as the Medicine Review Program, is a requirement under Medicare Part D and was developed with input from practicing pharmacists and physicians. Through a comprehensive review of a member's drug regimen, the primary goal of the MTM program is to achieve optimal outcomes of drug therapy by identifying, resolving and preventing medication-related problems.

### **MTM Program**

Our pharmacists will deliver educational services for members with the following chronic diseases: 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), respiratory disease (including asthma, chronic obstructive pulmonary disease (COPD), and other chronic lung disorders).

Other services include:

#### 1. Reviewing a member's medication profile for:

- Therapeutic duplication
- Drug-drug interactions
- Drug-disease interactions
- Contraindications
- Adverse effects
- Subtherapeutic response
- Overutilization or underutilization
- Potential fraud and abuse (e.g., repeated requests for lost medication)
- Multiple prescribers
- Other parameters as determined by the pharmacist on a case-by-case basis

#### 2. Providing one-on-one education to the member regarding appropriate medication use for all conditions

#### 3. Providing the member with information regarding the safe disposal of prescription drugs that are controlled substances, including drug takeback programs, in-home disposal and cost-effective means to safely dispose of such drugs

#### 4. Utilizing interventions to improve adherence to prescribed medications regimens, such as directed counseling, special packaging and/or refill reminders

5. Contacting the member's prescriber as necessary to recommend changes to the medication regimen

### **Physician Communication**

The member's primary care provider (PCP) plays an important role in the provision and coordination of quality care to OneCare members. After a member has completed a medication review with a pharmacist, a letter will be faxed with recommendations to the member's PCP.

### **Member Recruitment**

Members will be identified for participation and mailed an invitation every quarter to participate in the program. The invitation explains the benefits of participating.

Members are invited to participate in the program if they meet all the criteria below:

1. Have an ICD-10 diagnosis code for three or more of the following diseases:
  - Alzheimer's disease
  - Bone disease-arthritis, including osteoporosis, osteoarthritis, and rheumatoid arthritis
  - CHF
  - Diabetes
  - Dyslipidemia
  - ESRD
  - HIV/AIDS
  - Hypertension
  - Mental health, including depression, schizophrenia, bipolar, and chronic/ disabling mental health conditions
  - Respiratory disease, including asthma, COPD, and chronic lung disorders
2. Are receiving eight or more different maintenance Part D medications per quarter
3. Are projected to exceed \$1,276 in pharmacy expenditures annually

Due to the growing concern regarding the overutilization of opioids in the treatment of patients with chronic pain not associated with cancer, Part D plans have been encouraged to offer MTM services to members who are at risk of adverse events due to opioid overutilization, but do not otherwise qualify for MTM.

MTM services are now being offered to members who meet the Overutilization Monitoring System (OMS) criteria. OMS criteria are determined by the Centers for Medicare & Medicaid Services (CMS) annually to identify Part D members who CMS believes are at the highest risk of adverse events or overdose due to total cumulative morphine milligram equivalents (MME) of 90 mg or more during the past six months, obtaining opioids from multiple unique prescribers and/or pharmacies, and/or recent history of opioid overdose. Members with active cancer-related pain, in hospice, receiving palliative or end-of-life care in a long-term care facility, or with sickle cell disease are exempt from OMS criteria.

The Part D Drug Management Program will identify at-risk and potentially at-risk members. These identified members receive the same CMRs, TMRs and interventions as members who meet the specified MTM criteria 1–3 listed above.

### **Program Outcomes**

On a quarterly basis OneCare will measure the impact of MTM interventions with regard to member medication profiles, such as:

1. Recommended treatment regimens
2. Number of chronic medications
3. Projected annual pharmacy expenditures per beneficiary

For further information regarding the OneCare MTM Medicine Review Program, please call CalOptima Health Pharmacy Management at **714-246-8471**.