**Medication Therapy Management Program**

MTM, is a medication therapy management program required by CMS. All Medicare Part D sponsors must provide an MTM program to its members. The program is conducted in cooperation with licensed and practicing pharmacists and physicians. It is designed to ensure that covered Part D drugs prescribed to beneficiaries are appropriately used to optimize therapeutic outcomes and to reduce the risk of adverse events and adverse drug interactions. The Medication Therapy Management program is not included as a covered benefit for all members within the Medicare Plan. For MTM program eligibility, members must meet specific criteria.

To be identified as MTM Program “eligible”, as per CMS requirements, members must meet ALL 3 of the following criteria:

1. **The member must have a minimum of 3 of the following chronic diseases**
   - Bone Disease-Arthritis-Osteoporosis
   - Bone Disease-Arthritis-Rheumatoid Arthritis
   - Chronic Heart Failure (CHF)
   - Diabetes
   - Dyslipidemia
   - Hypertension
   - Mental Health-Depression
   - Respiratory Disease-Asthma
   - Respiratory Disease-Chronic Obstructive Pulmonary Disease (COPD)
   - HIV/AIDS

2. **The member must be on a minimum of 8 Covered Part D Chronic or maintenance drugs**

3. **The member must have incurred an average of $261.50 a month in total drug costs for Covered Part D Drugs over the previous 120 days. The average monthly total drug cost is calculated using historical Part D Drug claims for the previous 120 days. Members are not required to have 120 days of claims history, as it is the maximum look back period. A new or continuing enrollee could qualify for eligibility as early as January 1st, based on their accumulated drug spend amount.**

All eligible Medicare members are automatically enrolled into the MTM program once identified. The eligibility identification process is conducted on a continual (Daily) basis. Members are not required to participate, and can decline or dis-enroll from the program at any time. Specifically, beneficiaries may choose to “opt-out” of the program or portions of the program. For example, beneficiaries may opt-out of the Comprehensive Medication Review (CMR) component of the MTM program, but remain eligible for the Targeted Medication Review (TMR) and associated follow-up (See below for a description of CMR and TMR). There is no extra cost to be part of the MTM program.

The MTM program is provided through select network pharmacies and through Clinical Services Call Centers. All eligible MTM program members receive a welcome letter with a description of the program, an offer for a comprehensive medication review, and contact information. There are two types of interventions included in the MTM program: The Targeted Medication Review (TMR) and The Comprehensive Medication Review (CMR).
The Targeted Medication Review (TMR) process involves continual conducting of interventions to address medication compliance and persistency, inappropriate medication use in the elderly, and appropriateness of medication therapy. These interventions are conducted at either the point of service (POS), MTM network pharmacy, or at the Clinical Services Center after the member is identified as eligible and a clinical intervention opportunity is identified based on a pre-established set of guidelines in conjunction with the member’s drug claim history. Simply Healthcare Plans offers at least one TMR quarterly for targeted members, and provides follow-up interventions when necessary. MTM network pharmacists will contact the associated provider to extend communication of the findings and recommendations associated with TMRs. In addition to mailings, the plan will use telephone and fax as a means of provider communication. The member will be contacted only if the prescriber agrees to the clinical recommendations established in the TMR.

A CMR is an interactive, person-to-person or telephonic medication review and consultation of a member’s medications (including prescriptions, over-the-counter (OTC) medications, herbal therapies, and dietary supplements) by a pharmacist or qualified provider that is intended to aid in assessing medication therapy and optimizing patient outcomes. Simply Healthcare Plans offers one CMR annually for targeted members. As part of the MTM program, eligible members have the option of receiving a written summary of a comprehensive medication review (CMR) by mail. Simply Healthcare provides written summaries of all CMR interventions in the CMS standardized format. The written CMR summary provides the member with the following information:

- A Beneficiary Cover Letter
- A Personal Medication List Review: A Review of All Medications
- A Medication Action Plan
- A Review of All Medication Discussion Points Discussed with the Pharmacist
- A Review of All Questions Asked
- An Allergies Review

After identification for participation in the MTM program, all identified beneficiaries, for the quarter, will receive a personal medication record (PMR). The PMR contains the drugs that the beneficiary received in the previous 4 months from the prescription drug paid claims file. In the cover letter accompanying the PMR, beneficiaries will be offered a telephonic comprehensive medication review (CMR) with a pharmacist. During the CMR, the personal medication record mailed initially to the beneficiary will be verified and all OTC, dietary, and herbal products used by the beneficiary will be obtained in order to aid in assessing medication therapy and optimizing patient outcomes. The revised personal medication list is reviewed by a pharmacist and then is mailed to the beneficiary. All eligible members will receive follow-up mailings on a quarterly basis to remind them of their opportunity for the CMR and provide general member education materials.

Prescribing providers (and primary care providers, if available) will receive a patient medication list along with any identified potential therapy care gaps that the comprehensive medication review has identified in the applicable quarter.

As part of the MTM program the plan also provides online access to a pocket-sized personal medication form that you can print and fill out to create a list in order to keep track of all your current medicines. If you are not able to fill out this list on your own, ask a friend, family member, your doctor, and/or your local pharmacist to help you. If you go to the hospital or emergency room, take this list with you. Share this with your family or caregivers too.
If you have questions about the MTM program, you may contact our Member Services Department at toll-free at 1-877-577–0115 (TTY 711). From October 1 to February 14, we are open 7 days a week from 8 a.m. – 8 p.m., Eastern. From February 15, we are open Monday through Friday, 8 a.m. – 8 p.m. Calls to these numbers are free. We can also be reached on the Web at: www.mysimplymedicare.com.