



## **MEDICATION THERAPY MANAGEMENT (MTM) PROGRAM 2024**

### **What is the Medication Therapy Management (MTM) Program?**

The Medication Therapy Management (MTM) Program is a service for members with multiple health conditions and who take multiple medicines. The MTM program helps you and your doctor make sure that your medicines are working to improve your health.

To qualify for the MTM program, you must be eligible. Please see below for those details. If you qualify, you will be auto-enrolled into the program. The service is provided at no additional cost to you. You may choose not to participate in the program, but it is recommended that you make use of this free service.

The MTM program is not considered a part of the plan's benefit.

### **Who is eligible for the MTM Program?**

You may qualify for the MTM Program if:

1. You have 3 or more chronic health problems. These may include:
  - Chronic Heart Failure (CHF)
  - Diabetes
  - High Cholesterol
  - Alzheimer's Disease (AD)
  - Rheumatoid Arthritis (RA)
  - Osteoporosis
  
2. You take 5 or more daily medicines in the following Medicare Part D drug classes:
  - Antihyperlipidemics – to lower cholesterol.
  - Disease-Modifying Anti-Rheumatic Drugs (DMARDs) – to treat rheumatoid arthritis.
  - ACE-Inhibitors – to treat Chronic Heart Failure.
  - Angiotensin II Receptor Blockers (ARBs) – to treat Chronic Heart Failure.
  - Insulins – to help lower blood sugar levels.
  - Oral Hypoglycemics – to help lower blood sugar levels.
  - Acetylcholinesterase Inhibitors – to treat the symptoms of Alzheimer's disease.
  - N-Methyl-D-Aspartate (NMDA) Receptor Antagonists – to treat the symptoms of Alzheimer's Disease.
  - Bisphosphonates
  
3. You spend \$5,330 or more in 2024 on Part D covered medications.

Additionally, members that are enrolled in their Health Plan's Drug Management Program(s) may be auto-enrolled in the MTM Program.

## How does the MTM Program help you?

If you qualify for the MTM Program, you will be contacted and have the chance to speak with a highly trained pharmacist. During that call, the pharmacist will complete a comprehensive medication review (CMR) of your medicines and talk with you about:

- Any questions or concerns about your prescription or over-the-counter medicines, such as drug safety and cost
- Better understanding your medicines and how to take them.
- How to get the most benefit from your medicines

## What will you receive?

If you qualify for the MTM Program, you will receive:

- Welcome letter and/ or a phone call that tells you how to get started.
- Full medication review
  - You will have the chance to review your medicines with a highly trained pharmacist each year. This review will take about 15-30 minutes. During this call any issues with your medicines will be discussed. The call can be scheduled at a convenient time for you.
  - After you complete the full medication review, a summary is mailed to you. The summary includes a medication action plan with space for you to take notes or write down any follow-up questions. The action plan has steps you *should* take, including sharing with your doctor(s), to help you get the best results from your medications.
  - You also will be mailed a personal medication list that lists all of the medicines that you take and the reasons why you take them. You can view a blank copy of the personal medication list on our website at [Healthsun.com](https://www.healthsun.com).
- Ongoing targeted medication reviews
  - At least once every 3 months, your medicines will be reviewed, and you or your doctor will be contacted if there are recommendations for any changes in your medicines.
  - You may get a letter or a phone call for this review.

## How can I learn more about the MTM Program?

For information about the MTM Program and how to obtain MTM Program service documents, or to see if you qualify, you can call 1-833-215-1137 (TTY:711), Monday - Friday, 8:30 AM - 11:30 PM, and Saturday, 8:00 AM - 4:30 PM, EST.

HealthSun Health Plans wants you to have every opportunity to participate in this program when and where convenient for you. That is why we also work with other health organizations to provide MTM services on our behalf. One of these organizations may contact you about completing a Comprehensive Medication Review or other MTM services.

Partner organizations: Clinical Pharmacy Care Center – CarelonRx, MedWatchers, Outcomes™ – Patient Engagement Team.

\*Additional partner organizations may be added if they meet our rigorous requirements to service our members