



# Medication Therapy Management

## What is Medication Therapy Management?

Ultimate Health Plans provides a Medication Therapy Management Program (MTMP) to help you improve the way you use your medications, so you get the most benefit out of your medications and reduce the risk for harmful drug events and interactions. This program is not a benefit but part of the pharmacy medication management program. This program is managed and conducted by licensed healthcare professionals. MTMP Services including Comprehensive Medication Reviews provide you (or designees) with medication reviews and care plans along with member and provider education on specific drug therapy topics. This service is available to Ultimate Health Plans members at not cost who meet the MTMP eligibility criteria.

## How do I qualify for the Program?

- If you have filled eight or more chronic Part D medications; **AND**
- You have at least three of the following chronic conditions
  - 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 chronic lung disorders)
- Members must be likely to incur 2025 annual costs of \$1,623 for all covered chronic Part D medications; OR
- Are in a Drug Management Program to help better manage and safely use medications such as opioids and benzodiazepines

## What are the benefits of MTM?

- Ensuring you take your medications correctly
- Improving medication adherence
- Detecting potentially harmful medication uses or combinations of medications
- Educating you and health care providers

## What is a Comprehensive Medication Review?

A Comprehensive Medication Review is an interactive, person-to-person comprehensive medication review (CMR) to all MTM-eligible members as part of MTMP. If you meet the criteria outlined above, you will receive an MTMP Enrollment Mailer or phone call offering our CMR services. A CMR is a review of a member's medications (including prescription, over-the-counter (OTC), herbal therapies and dietary supplements), which is intended to aid in assessing medication therapy as well as optimizing outcomes. Also, MTMP-eligible members will be included in quarterly targeted medication review (TMR) programs that assess medication profiles for duplicate therapy or drug-disease interaction in which members' prescribers may receive a member-specific report.

## How do I participate in the MTM Program?

If you are eligible for the MTMP, you will receive an Enrollment Letter from our MTM partners at OptumRx. You may also receive a phone call. The letter will provide information about how to schedule your Comprehensive Medication Review with a healthcare professional, which may be done by returning the enclosed form or by calling the provided toll-free number. OptumRx may also contact you by phone from their Medication Management Center to offer you a CMR.

If you are not interested in participating in the MTMP, information regarding how to opt-out is also provided in the Enrollment Letter. Participation in the MTMP is voluntary and available **at no cost** to our members. Participating in this program is not considered a covered benefit.

To obtain MTM service documents, please call 1-800-311-7517 (TTY 711) 24 hours a day, 7 days a week.