

Medication Therapy Management Plan Sponsor Website Information

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 and 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 is offered through our partnership with Express Scripts Inc. and The Medication Management Center (MMC) at the University of Arizona. 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:
 - Asthma
 - Chronic Heart Failure (CHF)
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Depression
 - Diabetes
 - End-Stage Renal Disease (ESRD)
 - Dyslipidemia
 - Hypertension
 - Osteoporosis
2. You take 7 or more chronic maintenance medicines covered by Medicare Part D
3. You spend \$3,967 or more per year on Part D covered medications

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 or other health professional. During that call, the pharmacist or other health professional will complete a comprehensive medication review 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 that tells you how to get started.
- Comprehensive medication review
 - You will have the chance to review your medicines with a highly-trained pharmacist or other health professional. This review will take about 20-40 minutes. During this call

any issues with your medicines will be discussed. The call can be scheduled at a convenient time for you.

- The review may also be provided in person at your provider's office, pharmacy, or long-term care facility. If you or your caregiver is not able to participate, this review may be completed directly with your provider.
- After you complete the comprehensive 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.
- 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.
- Click here to see an example of the comprehensive medication review letter:
<https://www.alohacare.org/userfiles/file/PDF/MEDICARE/Member/ACAP/2017%20Core%20Documents/MTM%20Program%20Standardized%20Format.pdf>
- Ongoing targeted medication reviews
 - At least once every 3 months, your medicines will be reviewed.
 - If a potential problem is detected, you will be contacted by telephone or mail and/or your doctor will be contacted.

How can I learn more about the MTM Program?

For information about the MTM Program or to see if you qualify, you can call AlohaCare Member Services at 973-6935 or toll-free at 1-866-973-6395, 8 a.m. to 8 p.m., 7 days a week. TTY/TDD users call 1-877-447-5990.