

## Medication Therapy Management

Medication Therapy Management (MTM) is a comprehensive medication review program mandated by the Centers for Medicare & Medicaid Services (CMS) for certain eligible Medicare Part D enrollees. Medication reviews consist of an interactive face-to-face or telephonic consultation designed to improve patient medication knowledge, identify and address drug therapy problems, and optimize therapeutic outcomes.<sup>1</sup> A 2019 study showed an association between receipt of MTM services and fewer acute inpatient admissions and emergency department visits and improvements in medication adherence.<sup>2</sup>

MTM program eligibility requirements are determined by CMS and may change annually.<sup>3</sup> Additionally, to address concerns regarding opioid overutilization, MTM services are also offered to those who meet opioid Overutilization Monitoring System (OMS) criteria.<sup>4</sup> Members are identified as eligible for the OneCare (HMO D-SNP), a Medicare Medi-Cal Plan, MTM program on a quarterly basis if they meet all three elements of the CMS criteria and/or at least one of the OMS criteria.

<b>CMS Criteria</b>	<ol style="list-style-type: none"> <li>1. Receiving medications for three or more of the following conditions:               <ul style="list-style-type: none"> <li>• Asthma</li> <li>• Chronic obstructive pulmonary disease (COPD)</li> <li>• Diabetes</li> </ul> <ul style="list-style-type: none"> <li>• Dyslipidemia</li> <li>• End-stage renal disease (ESRD)</li> <li>• Hypertension</li> </ul> </li> <li>2. Taking eight or more Part D medications</li> <li>3. Likely to exceed \$4,935 in medication costs per year</li> </ol>
<b>Opioid OMS Criteria</b>	<ol style="list-style-type: none"> <li>1. Members with an average daily morphine milligram equivalent (MME) dose of 90 mg or more for any duration during the most recent six months, and one of the following:               <ol style="list-style-type: none"> <li>a. Receiving opioids from three or more prescribers and three or more pharmacies; or</li> <li>b. Receiving opioids from five or more prescribers</li> </ol> </li> <li>2. Members with a medical claim for an opioid-related overdose during the most recent 12 months and an opioid prescription (excluding medication assisted treatment) during the most recent six months</li> </ol>

CalOptima Health offers MTM services by clinical pharmacists to OneCare members at no cost. MTM sessions include, but are not limited to, the following:

- A comprehensive medication review that assesses appropriateness of prescription and over-the-counter (OTC) medications as well as herbal products and dietary supplements
- Member education to improve understanding of the benefits of drug therapy
- Identification of barriers to adherence and strategies for increased compliance
- Recommendations regarding drug therapy optimization, reducing co-pays, drug-drug and drug-disease interactions, dose adjustments, therapeutic duplications and adverse drug reactions

CMS requires members enrolled in the program to receive information about safe disposal of prescription drugs, including opioids. Additionally, participating members must receive a medication list and a recommended to-do list with steps to help take their medications safely and correctly. After the session, the primary care provider will also receive a copy of the medication list, identified medication-related issues and recommendations.

Members with chronic conditions and using multiple prescription and non-prescription medicines may benefit from MTM services. OneCare members who are interested in participating in our MTM program or would like more information can call **1-877-412-2734 (TTY 711)**.

### References

1. American Pharmacists Association. Medication Therapy Management (MTM) Services. <https://www.pharmacist.com/Practice/Patient-Care-Services/Medication-Management>. Accessed February 3, 2023.
2. Ferries E, Dye JT, Hall B, Ndehi L, Schwab P, Vaccaro J. Comparison of Medication Therapy Management Services and Their Effects on Health Care Utilization and Medication Adherence. *J Manag Care Spec Pharm*. 2019;25(6):688-695.
3. Centers for Medicare and Medicaid Services. CY 2023 Medication Therapy Management Program Information and Submission. Published April 15, 2022. Accessed February 3, 2023.
4. Centers for Medicare and Medicaid Services. Part D Drug Management Program Policy Guidance. Published November 28, 2022. Accessed February 3, 2023.

Medi-Cal Rx Contract Drug List: <https://medi-calrx.dhcs.ca.gov/home/cdl/>  
 OneCare Formulary: [www.caloptima.org/en/ForProviders/PharmacyInformation/OneCareMedicarePartD.aspx](http://www.caloptima.org/en/ForProviders/PharmacyInformation/OneCareMedicarePartD.aspx)