



ACHP

PATIENT  
INSIGHTS

## Helping Members Manage Their Medications

Medication Therapy Management (MTM) promotes collaboration among pharmacists, patients and providers to establish safe and effective drug regimens for optimal therapeutic outcomes. In addition to improved health outcomes, MTM provides significant cost savings for both members and health plans through the identification of more cost-effective drug alternatives, as well as decreased expenditures from avoided hospitalizations.

The value of MTM is particularly great for patients with complex, high-cost chronic conditions, where the risk of medication-related adverse events is high. Members of the **Alliance of Community Health Plans** have innovative MTM models that capitalize on the immense benefits such programs provide.

## The Patient Perspective

Gertrude is an 80-year-old female who has been engaged with MTM services at CDPHP since 2014. Her medical history includes acid reflux, glaucoma, high blood pressure, depression and arthritis. In the past, she has reported an intolerance to statins (a class of cholesterol-lowering drugs) and has taken at least three different cholesterol drugs on a trial basis. She is currently taking a brand name-only statin medication, which she has been able to tolerate and has successfully helped lower her cholesterol levels.

While working with a CDPHP pharmacist, Gertrude shared that the cost of her cholesterol medication is difficult to afford at \$95 a month. Given her history and previous drug trials, the pharmacist could not identify a lower-cost drug option to offer as a replacement. However, the pharmacist was able to review Gertrude's medication list and identify other opportunities for savings. For example, Gertrude was offered generic alternatives for two of her blood pressure medications that lead to total annual copay savings of \$1,680.

Since implementing these changes to her drug regimen, Gertrude reports that she is feeling well and has maintained stable blood pressure values. On top of that, she is now more able to afford the cost of her brand-name cholesterol medication, for which there are no alternatives.

In addition to these recommendations, the CDPHP pharmacist identified a gap in Gertrude's pneumonia vaccination history and also recommended she apply for the Elderly Pharmaceutical Insurance Coverage (EPIC) program offered by New York state, which offers copay assistance to those with Medicare Part D.

It is actions like this – health plans working collaboratively with patients, pharmacists and other providers to improve care and ensure patients have access to the drugs they need – that are increasingly more essential in the current era of unsustainable drug pricing and health care spending.

## What Our Plans Are Doing

At **Capital District Physicians' Health Plan, Inc. (CDPHP®)** in Albany, N.Y., a unique MTM approach has led to a hybrid model that responds to the current landscape of pharmaceutical care.

In 2014 alone, the program identified **more than 5,017 eligible members** and conducted **1,151 comprehensive medication reviews (CMR)**.

These CMRs allow the pharmacist and patient to address specific or potential medication-related issues and better equip patients to manage their own medications.