

# Medication Therapy Management (MTMP)

Astiva Health Medication Therapy Management (MTM) Program is offered to members who use a number of Part D covered prescription drugs and have a number of medical conditions. The program helps members and doctors manage the prescribed drugs and reduce potential problems. This program is not considered a benefit. It is a free service for all eligible members. Your participation in the program is voluntary but we encourage you to work with our MTM provider to take full advantage of the program.

You will be automatically enrolled in this program if you meet all of the following three criteria:

- Have three or more chronic medical conditions, such as
  - Alzheimer's Disease
  - Bone Disease-Arthritis-Osteoporosis
  - Chronic Heart Failure (CHF)
  - Diabetes
  - Dyslipidemia
  - Hypertension
  - Respiratory Disease-Asthma
  - Respiratory Disease-Chronic Obstructive Pulmonary Disease (COPD)
- Take eight or more Medicare Part D covered drugs
- Expect to spend more than a \$4,376 in 2021 on covered Medicare Part D prescriptions:

The MTMP offers a comprehensive review of all your medications and discusses with you over the phone on how to better manage your conditions with drug therapy. If you are eligible for this program, you will be notified by mail. We will then contact you by telephone to perform this service. Each session takes about 30-40 minutes. After the telephone session, we will send you a Personal Medication List (PML) and Medication Action Plan (MAP), which are summaries of what we have talked about. We will also perform Targeted Medication Review quarterly and may contact you or your doctor directly if there are questions about your medications.

If you would like additional information about the program, please call our Member Services Department toll free at 1-866-668-9021 (TTY 711), 8:00 a.m. to 8:00 p.m., 7 days a week (except Thanksgiving and Christmas). Member Services also has free language interpreter services available for non-English speakers. TTY requires special telephone equipment and is only for people who have difficulties with hearing or speaking.