

## **Medication Therapy Management (MTM) Services at Cooperative Advantage**

Medication Therapy Management (MTM) is a group of services that help those with complex medical conditions that may lead complicated and expensive medication regimens. The goal of MTM is to ensure you receive the most effective and safe treatments to treat your medical conditions. MTM is voluntary and free to you and is not considered a benefit. Cooperative Advantage works with the Centers for Medicare and Medicaid Services (CMS) to provide this program to eligible members.

### **Are you eligible for the Medication Therapy Management Program?**

You must meet all the following criteria to be eligible for the program:

- Be a member of Cooperative Advantage.
- Be enrolled in Medicare Parts A, B and D.
- Take a minimum of eight (8) prescription drugs covered by Medicare Part D. These medications must be chronic or maintenance medications (i.e. medications you take every day and not just when you are sick).
- Have three (3) of the following diagnoses as documented in your electronic medical record. The qualifying diagnoses are:
  - Alzheimer's Disease
  - Bone disease-arthritis (including osteoporosis, osteoarthritis, and rheumatoid arthritis)
  - Chronic congestive heart failure (CHF)
  - Diabetes
  - Dyslipidemia,
  - End-state renal disease (ESRD)
  - Human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS)
  - Hypertension
  - Mental health (including depression, schizophrenia, bipolar disorder, and other chronic/disabling mental health conditions)
  - Respiratory disease (including asthma, chronic obstructive pulmonary disease (COPD), and other chronic lung disorders)
- Have Medicare Part D covered drug costs equal to or greater than \$1,623.00 per calendar quarter.

If you meet the above criteria, you will automatically be enrolled in the 2025 MTM program. You will be contacted by mail and/or telephone and informed of your enrollment in MTM. You will also be offered an opportunity to schedule an annual comprehensive medication review (CMR). This is a free and voluntary service for eligible members, so you may choose not to participate at any time.

## **What services can you expect from the Medication Therapy Management Program?**

For eligible members, a pharmacist will review your medications every quarter. The review will specifically look at:

- Are you taking the appropriate medications to treat your medical conditions?
- Are the medications being taken at safe and effective doses?
- Are there any interaction with your medications?
- Are you taking your medications how the prescriber intended them to?
- Are you able to pay for and access your medications?

Every eligible member will also be offered an annual comprehensive medication review (CMR). The CMR is a complete review of all prescription and non-prescription medications you use. The CMR will be conducted by a pharmacist either in person or via phone. The CMR appointment will take about 30 minutes and is voluntary.

After the CMR, you will receive a summary of the CMR. The format of this summary will be according to CMS regulations. The CMR summary will include:

- A list of your current medications
- Any medication-related issues discussed
- Any plans for addressing medication-related issues

Any therapy recommendations from the CMR will be communicated to your primary care provider or other prescribers, as necessary.

**For more information or to request documents related to MTM, please contact:**

Express Scripts MTM Team at 1-855-931-2782

Cooperative Advantage (HMO D-SNP) is a Medicare Advantage Health Maintenance Organization (HMO) Plan with a Medicare contract. Enrollment in the plan depends on contract renewal.