



## **Medication Therapy Management Program**

The MedicareBlue Rx<sup>SM</sup> (PDP) Medication Therapy Management (MTM) program helps you get the greatest health benefit from your medications by:

- Preventing or reducing drug-related risks
- Increasing your awareness
- Supporting good habits

### **Who qualifies for the MTM program?**

We will automatically enroll you in the MedicareBlue Rx Medication Therapy Management Program at no cost to you if all three (3) conditions apply:

1. You take eight or more Medicare Part D covered maintenance drugs, and
2. You have three or more of these long term health conditions:
  - Asthma
  - COPD
  - Diabetes
  - Depression
  - Osteoporosis
  - Chronic Heart Failure
  - Cardiovascular Disorders such as High Blood Pressure, High Cholesterol, or Coronary Artery Disease, and
3. You reach \$3,919 in yearly prescription drug costs paid by you and the plan.

Your participation is voluntary, and does not affect your coverage. This program is free of charge and is open only to those who qualify. The MTM program is not considered a benefit for members.

### **What services are included in the MTM program?**

The MTM program provides you with a:

- Comprehensive Medication Review (CMR)
- Targeted Medication Review (TMR)

#### Comprehensive Medication Review (CMR).

A CMR is a one-on-one discussion with a pharmacist, to answer questions and address concerns you have about the medications you take, including:

- Prescription drugs
- Over-the-counter (OTC) medicines
- Herbal therapies
- Dietary supplements and vitamins

The pharmacist will offer ways to manage your conditions with the drugs you take. If more information is needed, the pharmacist may contact your prescribing doctor. A CMR review takes about 30 minutes and is usually offered once each year—if you qualify. At the end of your discussion, the pharmacist will give you a *Personal Medication List* of the medications you discussed during your CMR.

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You will also receive a *Medication Action Plan*. Your plan may include suggestions from the pharmacist for you and your doctor to discuss during your next doctor visit.

Get a [blank copy of a Personal Medication List](#) for tracking your prescriptions.

Targeted Medication Review (TMR) A TMR is where we mail or fax suggestions to your doctor every three months about prescription drugs that may be safer, or work better than your current drugs. As always, your prescribing doctor will decide whether to consider our suggestions. Your prescription drugs will not change unless you and your doctor decide to change them.

### How will I know if I qualify for the MTM program?

If you qualify, we will mail you a letter letting you know that you qualify for the MTM program. Afterward, you may receive a call from a partner pharmacy, inviting you to schedule a one-on-one medication review at a convenient time.

### Will the MTM program pharmacist be calling from my regular pharmacy?

Yes, the MTM program pharmacist may be calling from your regular pharmacy if your regular pharmacy chooses to participate in the MTM Program as a service provider. You will be given the option to choose an in-person review or a phone review.

If your regular pharmacy does not participate in the program, you may be contacted by a Call Center pharmacist to provide your MTM review, and ensure that you have access to the service if you want to participate. Call center reviews are conducted by phone.

### Why is a review with a pharmacist important?

Different doctors may write prescriptions for you without knowing all the prescription drugs and/or OTC medications you take. For that reason, a pharmacist will:

- Discuss how your prescription drugs and OTC medications may affect each other.
- Identify any prescription drugs and OTC medications that may cause side effects, and offer suggestions to help.
- Help you get the most benefit from all of your prescription drugs and OTC medications.
- Review opportunities to help you reduce your prescription drug costs.

### How do I benefit from talking with a pharmacist?

- Discussing your medications can result in real peace of mind knowing that you are taking your prescription drugs and OTC medications safely.
- The pharmacy can look for ways to help you save money on your out-of-pocket prescription drug costs.
- You benefit by having a *Personal Medication List* to keep and share with your doctors and health care providers.

### How can I get more information about the MTM program?

To find out more about the MedicareBlue Rx (PDP) and Group MedicareBlue Rx (PDP) MTM program, Call Customer Service at **1-888-832-0075 Individual Members, 1-877-838-3827 Group Members** (TTY users call **711**), 8 a.m. to 8 p.m., daily, Central and Mountain Times.

MedicareBlue<sup>SM</sup> Rx (PDP) and Group MedicareBlue Rx are Medicare-approved Part D sponsors. Enrollment in MedicareBlue Rx and Group MedicareBlue Rx depends on contract renewal.

Coverage is available to residents of the service area or members of an employer or union group and separately issued by one of the following plans: Wellmark Blue Cross and Blue Shield of Iowa,\* Blue Cross and Blue Shield of Minnesota,\* Blue Cross and Blue Shield of Montana,\* Blue Cross and Blue Shield of Nebraska,\* Blue Cross Blue Shield of North Dakota,\* Wellmark Blue Cross and Blue Shield of South Dakota,\* and Blue Cross Blue Shield of Wyoming

\*Independent licensees of the Blue Cross and Blue Shield Association.