

Resources: Medication Therapy Management Program

Medication Therapy Management Program

UnitedHealthcare's Medication Therapy Management (MTM) program was developed by a team of pharmacists and doctors. The MTM program provides members with a comprehensive medication review (CMR) with a pharmacist or other qualified health care provider. The program helps members understand their drug coverage and how to use their medications, and also educates members of potentially harmful drug interactions and/or risks of side effects.

How to Qualify

This program is available at no additional cost. You'll be automatically enrolled in the Medication Therapy Management program if you:

- take eight (8) or more chronic Part D medications, **and**
- have three (3) or more long-term health conditions from the following list:
 - Chronic obstructive pulmonary disease (COPD)
 - Diabetes
 - Heart Failure
 - High Cholesterol
 - Osteoporosis
- **and** are likely to spend more than <\$4,696> a year on covered Part D medications
OR
- are in a Drug Management Program to help better manage and safely use medications such as those for pain.

What You Need to Do

Within 60 days of becoming eligible for the MTM program, you'll receive an offer by mail to complete a Comprehensive Medication Review (CMR). You may also receive this offer by phone.

You can complete the CMR by phone or in person with a qualified health care provider. It takes about 30 minutes. A pharmacist, or qualified CMR provider, will review your medication history, including prescription and over-the-counter medications, and look for any issues.

What's Next?

Within 14 days of the CMR, you'll receive a Medication Action Plan summarizing any clinical concerns and a Personal Medication List of the medications you are taking and why you take them . This can be helpful when meeting with your doctor or pharmacist. The results may be sent to your doctor. In addition, members in the MTM program will receive information on the safe disposal of prescription medications including controlled substances.

You can also download a blank Personal Medication List (PDF) for your own personal use.

In addition to the CMR, Targeted Medication Reviews are done at least quarterly. This is done to find any drug-drug interactions or other medication concerns. Those reviews will be sent to your doctor.

The Medication Therapy Management program isn't a plan benefit. For more information on UnitedHealthcare's Medication Therapy Management program, please call the number on the back of your plan member ID card.