

Medication Therapy Management (MTM) Program Overview

What is the Medication Therapy Management (MTM) program?

If you are enrolled in a Medicare drug plan with complex health needs, you may qualify for participation in the Solis Medication Therapy Management (MTM) program powered by Aprexis. This service, mandated by the Centers for Medicare and Medicaid Services (CMS), is provided at no extra cost. This program is designed to help ensure that your medications are working and identify and address potential medication-related problems.

How do I participate in this program?

To enroll in the MTM program, you must meet specific criteria outlined by CMS. These criteria are designed to identify individuals with multiple chronic diseases at risk for medication-related issues. If you meet the criteria below, you will receive an invitation letter with program details and instructions on how to begin. Participation in MTM is voluntary and does not impact Medicare coverage for drugs covered under your plan.

To qualify, you must meet the following requirements::

Have at least 3 of the following conditions or diseases:

- Chronic Heart Failure (CHF)
- Diabetes
- Dyslipidemia
- Hypertension
- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)

AND

- Take at least 8 covered Part D medications.

AND

- Are likely to have medication costs of covered Part D medications greater than \$5,330 per year.

What services does the MTM program offer?

To minimize the risk of potential medication problems, the MTM program provides two types of clinical reviews for your medications:

- *Comprehensive Medication Review (CMR)*: Conducted at least once per year, this involves a free discussion and review of all your medications by a clinician or health professional to help you use your medications safely. This confidential review is provided on behalf of Solis Health Plan via telephone or in person by your local pharmacists. The review takes about 20- 30 minutes, and following it, you receive a written summary that includes:
 - *Medication Action Plan (MAP)*: Outlining steps to help you achieve the best results from your medications.
 - *Personal Medication List (PML)*: Assisting you and your healthcare providers in keeping track of your medications and explaining how to use them correctly.
- *Targeted Medication Review (TMR)*: Conducted at least every three months, we review all your prescription medications and may contact your doctor if a potential problem is detected.

Next Steps

If you have received an eligibility letter or believe that you are qualified for the MTM program based on the qualifications listed above, please contact us to schedule your first consult with a pharmacist. Call the Solis Medication Therapy Management (MTM) program at 1-866-793-1690 for English. For Spanish interpretation, call 1-877-253-7244 and request to be connected to 1-866-793-1690. TTY users can reach the program through the National Relay Service at 711 from a TTY device. Our answering team is available 24/7.

Explore the opportunity to optimize your medication management and enhance your overall health.