

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:

- Alzheimer's disease
- Bone disease-arthritis (including osteoporosis, osteoarthritis, and rheumatoid arthritis)
- Chronic congestive heart failure (CHF)
- Diabetes
- Dyslipidemia
- End-stage renal disease (ESRD)
- Human immunodeficiency virus /acquired immunodeficiency syndrome (HIV/AIDS)
- Hypertension
- Mental health (including depression, schizophrenia, bipolar disorder, and chronic/disabling mental health conditions)
- Respiratory disease (including asthma, chronic obstructive pulmonary disease (COPD), and chronic lung disorders)

AND

- Take at least 8 covered Part D medications.

AND

- Are likely to have medication costs of covered Part D medications greater than or equal to \$1,623 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. 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.

Safe Disposal of Medications

[Name of Health Plan] MTM Program is dedicated to providing you with information about safe medication disposal. Medications that are safe for you may not be safe for someone else. Unneeded medications should be disposed of as soon as possible. You can discard your unneeded medications through a local safe disposal program or at home for some medications.

Locating a Community Safe-Drug Disposal Site

A drug collection site is the best way to safely dispose of medications. To find drug collection sites near you, visit the following website:

<https://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-drug-take-back-locations>

Some pharmacies and police stations offer on-site drop-off boxes, mail-back programs, and other ways for safe disposal. Call your pharmacy or local police department (non-emergency number) for disposal options near you.

Safe At-Home Medication Disposal

You can safely dispose of many medications through the trash or by flushing them down the toilet. Visit the following website to learn more about safe at-home disposal:

<https://www.hhs.gov/opioids/prevention/safely-dispose-drugs/index.html>

Follow these steps for medication disposal in the trash:

- Remove medication labels to protect your personal information
- Mix medications with undesirable substances, such as dirt or used coffee grounds
- Place mixture in a sealed container, such as an empty margarine tub