

Frequently Asked Questions

Medication Therapy Management

What is Medication Therapy Management (MTM)?

MTM is a program mandated by the Centers for Medicare and Medicaid (CMS) and offered by Part D plans to help Medicare members who meet specific eligibility criteria achieve improved health outcomes by optimizing their medication regimens. A trained pharmacist collaborates with members to conduct an annual Comprehensive Medication Review (CMR), which includes a medication reconciliation, a review of medication-related problems, and a medication action plan.

Additionally, a pharmacist will conduct Targeted Medication Reviews (TMRs) throughout the year to identify a variety of specific medication-related problems, such as drug interactions or nonadherence. The pharmacist will document any potential issues with drug therapy and notify the member's healthcare provider about medication-related problems that need to be solved.

What are some types of medication-related problems identified during a CMR or TMR?

- Nonadherence
- Adverse effects due to medications
- Unnecessary drug therapy
- Untreated conditions
- Unaffordability or inaccessibility of medications
- Drug interactions
- Therapeutic duplication
- Inappropriate dosing
- Use of contraindicated medications

Who qualifies for MTM?

To be eligible for MTM, Healthfirst members must meet the following criteria in 2018:

- Have a minimum of three of the following chronic diseases:
 - Bone Disease/Arthritis/Osteoarthritis
 - Chronic Heart Failure (CHF)
 - Diabetes
 - Dyslipidemia
 - Hypertension
- Be on at least eight covered Part D medications
- Incur an annual Part D drug cost of \$3,967 or more

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Who provides MTM?

Healthfirst contracts with a vendor, SinfoníaRx, to provide MTM services for our members. SinfoníaRx is an industry leader in MTM, with proprietary software used to analyze members' health claims information and identify any potential problems with drug therapy. MTM services are provided by dedicated pharmacists. SinfoníaRx employs registered nurses, licensed practical nurses, pharmacy interns, and pharmacy technicians to assist in providing MTM services.

What can healthcare providers expect from MTM?

Each member that is successfully contacted for a Comprehensive Medication Review will receive a post-CMR letter in the mail summarizing their personal medication list and conversation with the MTM provider. The same report will be sent to the member's Primary Care Provider (PCP). Additional correspondence may be sent to the PCP throughout the year if medication-related problems are identified during regularly targeted medication reviews. In addition, members may contact their PCP to discuss suggestions they received from the MTM provider during the CMR.

What if SinfoníaRx is unable to reach a member to complete a medication review?

In this case, the SinfoníaRx MTM provider may complete a medication review with the member's PCP. Therefore, SinfoníaRx may contact your office to complete a medication review.

How much does MTM cost?

There is NO additional cost to the member or healthcare provider for MTM services.

Who can healthcare providers contact with questions?

For any questions or concerns regarding MTM or medication reviews, please contact SinfoníaRx at **1-520-499-3388** or **info@sinfoniarx.com**.