

## Medication Therapy Management (MTM) Program

What is the Medication Therapy Management (MTM) program?

If you're in a Medicare drug plan and you have complex health needs, you may be able to participate in a Medication Therapy Management (MTM) program. MTM is a service offered by SOLIS Health Plans, Inc. (HMO) at no additional cost to you! The MTM program is required by the Centers for Medicare and Medicaid Services (CMS) and is not considered a benefit. This program helps you and your doctor make sure that your medications are working. It also helps us identify and reduce possible medication problems.

How do I participate in this program?

To take part in this program, you must meet certain criteria set forth in part by CMS. These criteria are used to identify people who have multiple chronic diseases and are at risk for medication-related problems. If you meet these criteria, we will send you a letter inviting you to participate in the program and information about the program, including how to access the program. Your enrollment in MTM is voluntary and does not affect Medicare coverage for drugs covered under Medicare.

To qualify for SOLIS' MTM program, must meet the requirements for at least one of the following two groups:

1. Have at least 3 of the following conditions or diseases:

- Alzheimer's Disease
- Bone Disease-Arthritis-Osteoporosis
- Chronic Heart Failure (CHF)
- Diabetes
- Dyslipidemia
- Hypertension
- Mental Health-Depression
- 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 \$4,935 per year.

OR

2. Are enrolled in the SOLIS Health Plans' Drug Management Program. This program helps our members safely use their prescription opioid medications, and other medications that are frequently abused.

What services does the MTM program offer?

To help reduce the risk of possible medication problems, the MTM program offers two types of clinical review of your medications:

- Targeted medication review: at least every three months, we will review all your prescription medications and may contact your doctor if we detect a potential problem.
- Comprehensive medication review: at least once per year, we offer a free discussion and review of all of your medications by a clinician or other health professional to help you use your medications safely. This review, or CMR, is provided to you confidentially on behalf of SOLIS Health Plans via telephone by our Clinical Engagement Center. The CMR may also be provided in person at your provider's office, pharmacy, or long-term care facility.

This review requires about 30 minutes of your time. Following the review, you will get a written summary of this call, which you can take with you when you talk with your doctors. This summary includes:

- Recommended To-Do-List (TDL) (also known as Medication Action Plan (MAP)): The TDL has steps you should take to help you get the best results from your medications. [Open a blank version of the TDL form.](#)
- Personal Medication List (PML): The PML will help you and your health care providers keep track of your medications. It explains how to use your medications the right way. [Open a blank version of the PML form.](#)

#### Next Steps

If you take many medications and have three or more chronic health conditions, please contact us to see if you're eligible. You can call the Navitus Medication Therapy Management (MTM) program team at 1-888-913-7885, Monday through Thursday 9 a.m. to 8 p.m. Eastern Time and on Friday 9 a.m. to 6 p.m. Eastern Time. TTY users can reach our program team through the National Relay Service 711, during the same hours as shown above. You may also learn more by visiting our website at <https://www.navitus.com/clinical-engagement-center>.