UPlan Medication Therapy Management (MTM)
Benefit Program Design Statement

Eligibility:
All UPlan members who: (1) take four or more UPlan-covered prescription and covered over-the-counter medications for chronic conditions, or (2) are referred by their physician, are eligible to participate in the medication therapy management program. UPlan members include all active employees, early retirees, disabled participants, and their dependents.

MTM Benefit:
Medication therapy management services are comprised of face-to-face individualized assessment of medication needs and use provided directly by an MTM pharmacist. In providing MTM services, the MTM pharmacist will work with the member and physician or other caregiver to establish and achieve drug therapy treatment goals, avoid or minimize undesirable medication effects, and improve clinical outcomes. Medication therapy management services provided on an outpatient basis that members may receive include the following:

- An assessment of the patient’s health status by an MTM pharmacist, including a review of pertinent medical history;
- A comprehensive medication review to identify, resolve, and prevent medication-related problems, including negative drug events. Medications that will be reviewed by the MTM pharmacist include prescription, over-the-counter, and herbal medications;
- Development of a medication therapy treatment plan;
- Monitoring and evaluation of the patient’s response to therapy, including safety and effectiveness;
- Documentation of the care delivered, and communication with the patient’s primary care physician;
- Verbal education and training designed to enhance understanding and appropriate use of the patient’s medications;
- Information, support services, and resources designed to enhance the patient’s compliance with medication requirements;
- Coordination and integration of MTM services within broader health care services provided to the patient.

UPlan MTM Pharmacists:
Medication therapy management services will be provided by a network of pharmacists. To qualify for the UPlan MTM network, the pharmacist will:

- Be a licensed pharmacist in his/her state of practice;
- Have graduated from an ACPE accredited pharmacy program during or after 1996, or have passed an approved ACPE continuing education certificate program, or equivalent to be established;
- Current approved programs are:
  Delivering Medication Therapy Management Service in the Community, offered through Minnesota Pharmacists Association. Please contact MPPhA offices at 651-697-1771 for further information. This program is also offered through APPhA: http://www.pharmacist.com/delivering-medication-therapy-management-services-0
- Practice in a pharmacy or in an ambulatory care setting such as a clinic or hospital;
- Have a structured patient care process that allows for assessment, development of a care plan, and evaluation;
- Use an electronic documentation system that is designed to help the pharmacist, member, and physician improve outcomes of the member’s medications. The system must have the ability to bill UPlan third party administrator, Medica, using the MTMS CPT codes, that use the crosswalk resource-based relative-value scale established for MTM billing;
- Provide medication therapy management services in a private setting dedicated to patient care. Space must be large enough to accommodate at least three people without others being able to hear the MTM consultation and without distractions from other conversations in the facility. MTM services may also be provided to patients requiring home visits.
Service Area:
MTM providers will be available to serve all major UPlan locations, including Twin Cities, Duluth, Rochester, Crookston, and Morris campuses, and smaller University locations as MTM providers are established.

Member Costs – Pharmacist MTM Consultations:
There will be no copay or other cost to the UPlan member for the consultations with the pharmacist. The UPlan will pay the full cost of MTM pharmacy services.

MTM and UPlan Wellness Program
Members who participate in the MTM Program can earn 100 Wellness Points for meeting with an MTM Pharmacist three times or more between October 1, 2013 and August 31, 2014. Participants must have their first visit with an MTM Pharmacist by May 21, 2014. You can find more information on the UPlan Wellness Program and the addition of MTM as a wellness activity at www1.umn.edu/ohr/wellness

Member Communications and Recruitment:
All UPlan members will receive general communications regarding the MTM benefit, including, but not be limited to: U & Your Benefits Newsletters, Employee Health and Benefits Fairs, online narrated PowerPoint presentations, UPlan Summary of Benefits, and distributed letters and Frequently Asked Questions.

Members who take four or more medications for chronic conditions may receive targeted letters followed by phone calls to encourage enrollment in the program. Targeted communications may be structured to focus first on UPlan members with high numbers of prescription drugs, diabetes, heart conditions, or specialty medications.

Pharmacy network information and process for making appointments will be part of the targeted communications. Interested members will receive an enrollment kit, including program description, enrollment form, and FAQs.