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; or (3) have diabetes, regardless of the number of prescribed medications, 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 for members may 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/MedEdgeRx MTM Pharmacists
Medication Therapy Management services will be provided by a network of pharmacists. To qualify for the UPlan/MedEdgeRx 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.
- The American Pharmacists Association (APhA) currently offers approved training
- 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.
Service Area
MTM providers serve locations throughout the State of Minnesota.

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 Wellbeing Program
Medication Therapy Management is included as a Wellbeing Program activity for UPlan members. With a minimum of three visits from October through August annually, members have the opportunity to earn Wellbeing points that can be used toward a reduction on annual medical premiums for the following year. More information on MTM and the Wellbeing Program is available at https://humanresources.umn.edu/pharmacy-program/medication-therapy-management.

Member Communications and Recruitment
All UPlan members will receive general communications regarding the MTM benefit, including, but not limited to: benefits newsletters, guide to benefits enrollment, Employee Health and Benefits Fairs, UPlan Summary of Benefits, distributed letters, benefits website, and Frequently Asked Questions.