

Help Your Patients Stay on Their Medication Therapy Plan

Use this tip sheet to talk with your patients about their medication(s) and what they can do to help stay on their plan.

Medication adherence measures

Target: Beneficiaries, ages 18 and older, who had at least two fills of medication(s) with unique dates of service (DOS) and were 80% or more adherent to their medication(s).

Provider action: Prescribe a 90-day supply of medication when possible. Encourage your patients to adhere to their prescribed medication at 80% or more throughout the year for the following medications.

Medications for	Medication type	Excluded
Cholesterol		
Atorvastatin, simvastatin, rosuvastatin, pravastatin, lovastatin, fluvastatin, ezetimibe-simvastatin, and atorvastatin-amlodipine.	<ul style="list-style-type: none"> • Statin • Statin combination medications 	<ul style="list-style-type: none"> • Beneficiaries enrolled in hospice any time during the measurement period. • Beneficiaries who have end-stage renal disease (ESRD). • Beneficiaries enrolled in inpatient (IP) or Skilled Nursing Facilities (SNF) for the entire measurement period.
Diabetes		
Metformin, glipizide, glimepiride, pioglitazone, acarbose, nateglinide, repaglinide, sitagliptin, linagliptin, dulaglutide, liraglutide, semaglutide, canagliflozin, empagliflozin, and dapagliflozin.	<ul style="list-style-type: none"> • Biguanides • Sulfonylureas • Thiazolidinediones • DPP-IV inhibitors, • GLP-1 agonist • Meglitinides • SGLT2 inhibitors 	<ul style="list-style-type: none"> • Beneficiaries who have a prescription claim for insulin in the measurement period. • Beneficiaries enrolled in hospice any time during the measurement period. • Beneficiaries who have ESRD. • Beneficiaries enrolled in IP or SNF for the entire measurement period.
Hypertension – renin-angiotensin system (RAS) antagonists		
Lisinopril, benazepril, enalapril, ramipril, moexipril, fosinopril, candesartan, irbesartan, losartan, valsartan, olmesartan, and aliskiren	<ul style="list-style-type: none"> • Ace inhibitors • Angiotensin II receptor blockers (ARBs) • Direct renin inhibitors 	<ul style="list-style-type: none"> • Beneficiaries who have a prescription claim for sacubitril/valsartan in the measurement period. • Beneficiaries enrolled in hospice any time during the measurement period. • Beneficiaries who have ESRD. • Beneficiaries enrolled in IP or SNF for the entire measurement period.

(continued)

Patient barriers



Talking points



Medications cost too much.	<ul style="list-style-type: none">• Check for medications in a lower tier on Health Net's* formulary.• To view our formulary, go to www.healthnet.com.
Can't remember to refill their medications.	<ul style="list-style-type: none">• Talk to your patients about how they can enroll in a refill reminder program with their pharmacy.• If a patient has a smart device, have them download a free medication adherence app like Dosecast – Pill Reminder and Medication Tracker.

Patient barriers



Talking points



Hard to get to the pharmacy.	<ul style="list-style-type: none">• Have the patient check if their pharmacy offers delivery service.• Ask the patient to check with family members or a caregiver for help.
Too many medications to track.	<ul style="list-style-type: none">• Ask the patient's pharmacy to synchronize medications so they are all filled on the same day.• Encourage the use of a pillbox or calendar to help patients take their medications each day at the correct time.

Best practices

Give 90-day prescriptions	Review medications regularly	Check for understanding
<ul style="list-style-type: none">• For chronic medications, prescribe a 90-day quantity with three refills.• Patients can get 90-day refills through their mail-order pharmacy.	<ul style="list-style-type: none">• During each visit, review all medications with the patient.• When possible, remove medications no longer needed and reduce dosages.• Check if higher cost medications can be changed to a lower tier medication.	<ul style="list-style-type: none">• Make sure your patients know why you are prescribing a medication.• Clearly explain what they are, what they do and how to manage potential side effects.

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