

Help Your Patients Stay on Their Medication Therapy Plan



Health Net®

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		
<ul style="list-style-type: none"> Atorvastatin Simvastatin Pravastatin Lovastatin Fluvastatin 	<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 ESRD.
DIABETES		
<ul style="list-style-type: none"> Metformin Glipizide Pioglitazone Acarbose Nateglinide Repaglinide 	Biguanides, sulfonylureas, thiazolidinediones, DPP-IV inhibitors, incretin mimetics, meglitinides, and 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.
HYPERTENSION – RENIN-ANGIOTENSIN SYSTEM (RAS) ANTAGONISTS		
<ul style="list-style-type: none"> Lisinopril Benazepril Enalapril Ramipril Moexipril Fosinopril Candesartan Irbesartan Losartan Valsartan Olmесartan 	<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.

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.

(continued)

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.