

The Liberty Medicare Advantage Medication Therapy Management Program

As a Liberty Medicare Advantage drug plan member, you may have complex health needs and may be able to benefit by participating in a Medication Therapy Management (MTM) program.

What is the Medication Therapy Management (MTM) program?

The MTM program is a service offered by Liberty Medicare Advantage at no additional cost to you. It is required by the Centers for Medicare and Medicaid Services (CMS). It is not part of your pharmacy benefit.

How do I participate in this program?

To participate, you must meet certain criteria. These are used to identify people who have many chronic diseases and are at risk for related problems. If you meet these criteria, we will send you a letter inviting you to take part in the program. We will also send you information and provide instructions to access the program. Your enrollment in MTM is voluntary. It does not affect Medicare coverage for drugs covered under Medicare. If you do not want to be in the program, please let us know and we'll take you out of the program. You can leave the program at any time.

To qualify for the MTM program, you must meet ALL of the following criteria:

Have at least 3 of the following conditions or diseases:

- Alzheimer's Disease
- Bone Disease (osteoporosis, osteoarthritis, rheumatoid arthritis)
- Congestive Heart Failure
- Diabetes
- Dyslipidemia
- End-Stage Renal Disease
- HIV/AIDS
- Hypertension
- Mental Health (depression, schizophrenia, bipolar disorder, other chronic/disabling mental health conditions)

AND

Take at least 8 covered Part D medications

AND

Are likely to have greater than \$1,623 per year in covered Medicare Part D medication costs.

OR

Are enrolled in Liberty Medicare Advantage Drug Management Program At-Risk Beneficiary (ARB). This program helps our members safely use their prescription opioid medications that are frequently abused.

What services does the MTM program offer?

To assist you in reducing 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 identify a potential problem.

- **Comprehensive medication review:** At least once per year, we offer a free discussion and review of all your medications by a clinician or other health professional to help you use your medications safely. This service is provided to you confidentially on behalf of Liberty Medicare Advantage via telephone by a Navitus Clinical Engagement Center clinician. The CMR may also be provided in person at your provider's office, pharmacy, or long-term care facility. The process takes about 20-30 minutes of your time. Afterwards you will receive a written summary of the CMR, which can be helpful when you talk to your doctors. It 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.
 - Medication List (PML): The medication list will help you keep track of your medications and how to use them the right way

To obtain a blank copy of the Personal Medication List (PML) that can help you and your health care providers keep track of the medications you are taking, contact your plan sponsor.

Next Steps

If you take numerous medications for more than one chronic health condition contact your drug plan to see if you're eligible for MTM, or for more information you can call the Navitus Medication Therapy Management (MTM) program team at 1-888-913-7885, Monday through Thursday 8 a.m. to 7 p.m. Central Time and on Friday 8 a.m. to 5 p.m. Central Time.

TTY users can reach our program team through the National Relay Service 711, during the same hours as shown above.