

Medication Adherence

90-Day Prescription Strategies

5-Star Best Practices



Ways to Encourage Medication Adherence

Just say 90-Day — Prescribe 90-day supplies for patients on adherence medications. For patients just starting out on new medications, have a system in place to schedule follow-up appointments two to three months after a new drug is introduced. If patients are responding well to the new medication, prescribe a 90-day supply.

Patients pay two copayments for a three-month supply for Tier 1 and 2 medications and receive a \$10 discount for a 90-day supply of medications on Tiers 3 and 4 at retail pharmacies (offered with most SCAN Health Plan® plans).

Check for understanding — Make sure your patients understand why you are prescribing the medications. Clearly explain what they are, what they do, how to take them and how to manage any potential side effects they might experience.

Review medications regularly — At all visits, go over all the medications your patients take. Whenever possible, remove unnecessary medications, reduce doses and look for opportunities to move to drugs on lower tiers of the SCAN Formulary where patients can get similar outcomes at less cost.

Discuss barriers to adherence — Talk with your patients about obstacles that might hinder their ability to take medications as prescribed.

- > **For patients who are forced to decide between filling prescriptions and buying food:** Switching to drugs lower on the Formulary, filling 90-day supplies and using a Preferred pharmacy can lower the prices patients pay for medications.
- > **For patients who forget to refill prescriptions:** Encourage them to enroll in an automatic refill or refill reminder program at the pharmacy.
- > **For patients who have difficulty getting to their pharmacy:** Suggest they use prescription delivery services, ask for help from family members or caregivers or use a mail-order delivery pharmacy, such as SCAN's Express Scripts Home Delivery.



*Case studies show that medication adherence rates among patients on ongoing medications go up when patients receive prescriptions for three-month supplies.**

Pharmacies in the Preferred network include, but are not limited to:

Walgreens
Rite Aid
Walmart
Costco
Ralphs
Safeway/Albertsons
Express Scripts Home Delivery
Select independent pharmacies

SCAN is removing barriers to medication adherence to help physicians and pharmacists increase 90-day conversion rates. Here's how:

- > Updating the Formulary to include more medications on lower tiers.
- > Offering members additional savings on medications in the Preferred pharmacy network.
- > Expanding the 90-day discount *for most SCAN plans* (a three-month supply for the cost of two and a \$10 discount for Tiers 3 and 4) to include retail pharmacies, as well as the mail-order pharmacy.

* Schmittiel A, et al. Health Care System Level Factors Associated with Performance on Medicare STAR Adherence Metrics in a Large, Integrated Delivery System. Medical Care 2015, 53:4

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Medical Group Guidelines



Medication Adherence Affects Health Outcomes

It is not much of a surprise that higher medication adherence translates to better health outcomes for patients. But achieving high levels of medication adherence can be a challenge for physicians and medical groups looking to improve consistent patient compliance with prescribed treatments.

What Can Be Done

Studies show that one of the strongest predictors of successful medication adherence is utilization of 90-day supplies of medications for patients on ongoing drug treatment plans. When 90-day utilization increases, so does patient adherence to prescribed treatment plans.*

5-Star Best Practice

Based on case studies with medical groups, having a pharmacist on staff on a 90-day protocol can lead to an 80 percent success rate for 90-day supply conversions.

What This Means to the Medical Group

In case studies with medical groups implementing strategies to promote 90-day supplies:

- > Groups with higher 90-day rates performed better on medication adherence measures.
- > Groups with a 90-day pharmacist-driven protocol outperformed groups without such protocols.

What the Medical Group Can Do

- > Implement protocols for prescribing 90-day supplies for adherence medications.
- > Delegate a pharmacist to prescribe 90-day prescriptions on behalf of a physician. This frees the physician from spending time verifying refills or converting prescriptions for stabilized patients.
- > Implement group protocols by developing criteria that pharmacists can use to review patients medications for stabilization at their current doses.

Medications for the Adherence and SUPD Measures			
	Tier 1 (Preferred Generics)	Tier 2 (Generics)	Tier 3 (Preferred Brands)
Diabetes	Glimepiride, glipizide, glipizide ER, metformin, metformin ER, pioglitazone	Glimepiride & pioglitazone ³ , glipizide & metformin, nateglinide, pioglitazone & metformin, repaglinide	Bydureon ^{®1} , Byetta ^{®1} , Farxiga ^{®2} , Invokamet ^{®2} , Invokamet ^{® XR2} , Invokana ^{®2} , Janumet [®] , Janumet ^{® XR} , Januvia [®] , Kombiglyze ^{® XR} , Onglyza [®] , Victoza ^{®1} , Xigduo ^{® XR2}
Hypertension	Amlodipine & benazepril, benazepril*, captopril*, enalapril*, fosinopril*, irbesartan*, lisinopril*, losartan*, moexipril*, perindopril, quinapril*, ramipril, trandolapril, valsartan*	Olmesartan & amlodipine ² , valsartan & amlodipine, valsartan & amlodipine & HCTZ ²	Olmesartan* ² , Tektura ^{®*2}
Cholesterol†	Atorvastatin, lovastatin, pravastatin, simvastatin	Amlodipine & atorvastatin, rosuvastatin ²	

1 = prior authorization, 2 = step therapy, 3 = quantity limit

* Drugs that are also available in combination with HCTZ

† **Moderate-intensity** statin (daily dose): lovastatin 40mg, pravastatin 40-80mg, simvastatin 20-40mg, atorvastatin 10-20mg per day
High-intensity statin (daily dose): atorvastatin 40-80mg per day, rosuvastatin 20-40mg per day

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