



HealthPartners®

Optimizing Medication Use to Reduce Cost: Medication Therapy Management

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What is MTM?

It's an
assessment of
patient's
entire
medication
use history!!

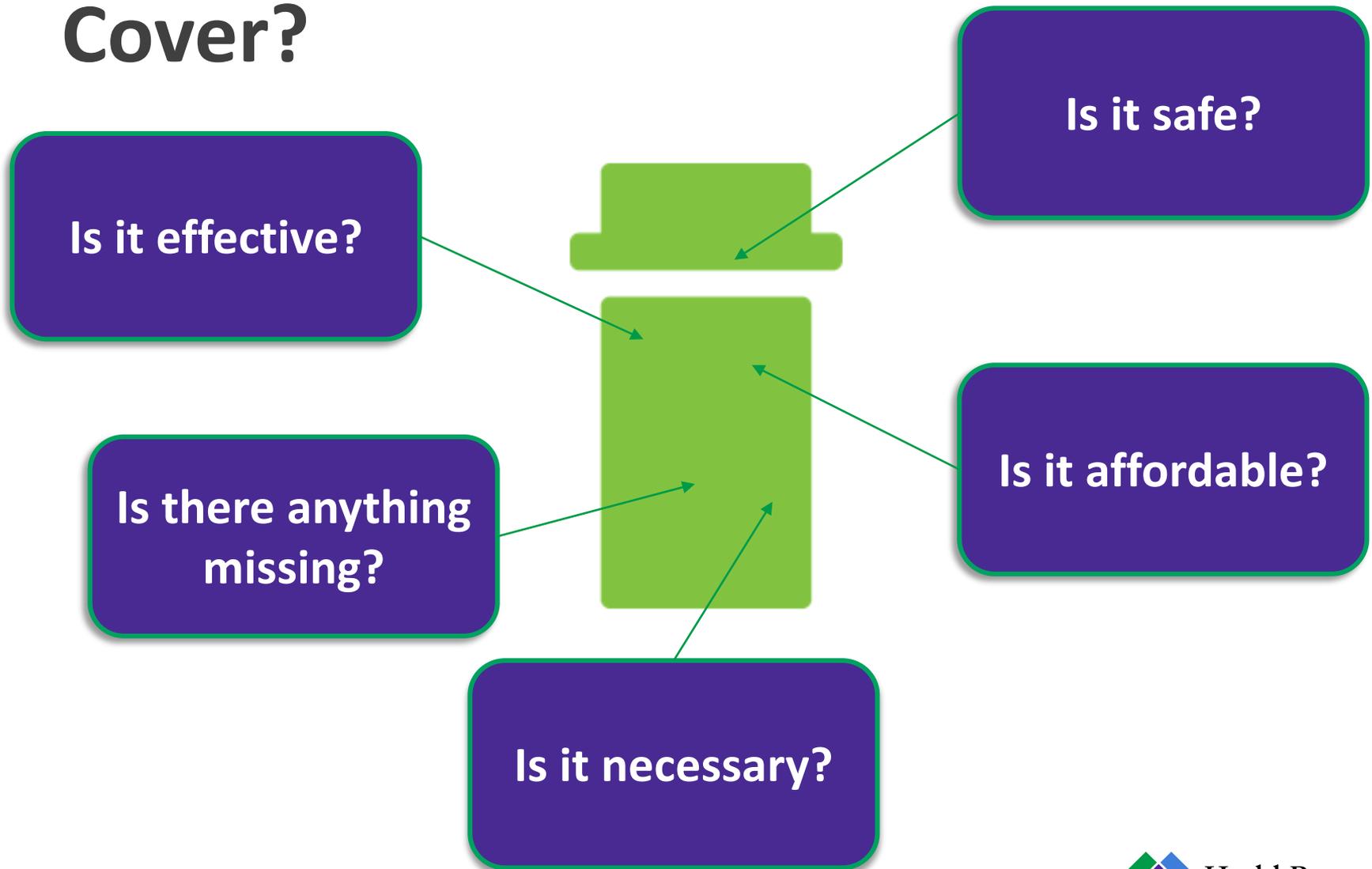
Prescription

Herbal

**Over the
Counter**

**Homeopathic
remedies**

What will the MTM Pharmacist Cover?



What will the MTM Pharmacist Cover?

Do **YOU** worry about **YOUR** medicine?

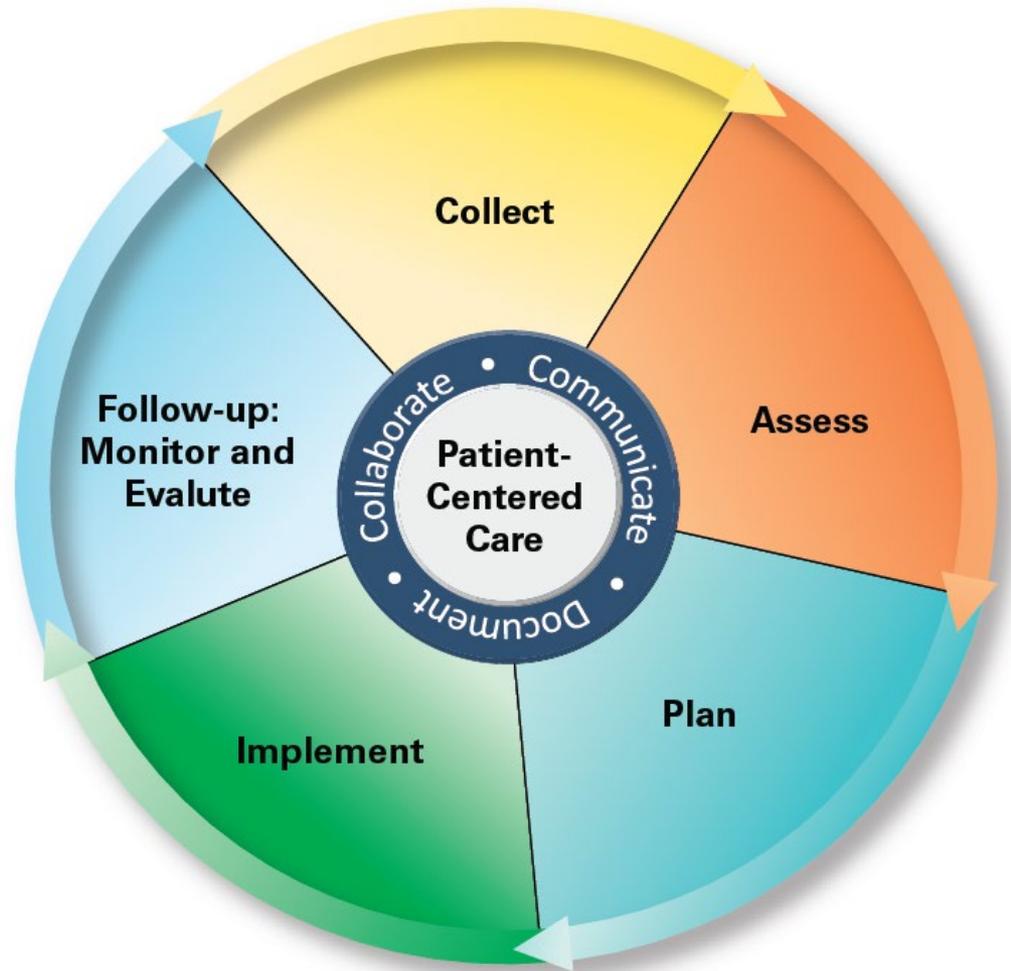
Do **YOU** know why you are taking it?

Is it affordable for **YOU**?

What do **YOU** expect from **YOUR** medicine?

Does it fit **YOUR** lifestyle?

MTM Care Process





Health

Triple Aim

Experience

Cost



Patient Satisfaction

- Willingness to recommend the service to friends/family

99% yes or yes, definitely

83% yes, definitely

- Review has a positive effect, such as fewer medication side effects, more effective dosages, better understanding of medications

88% very satisfied or satisfied

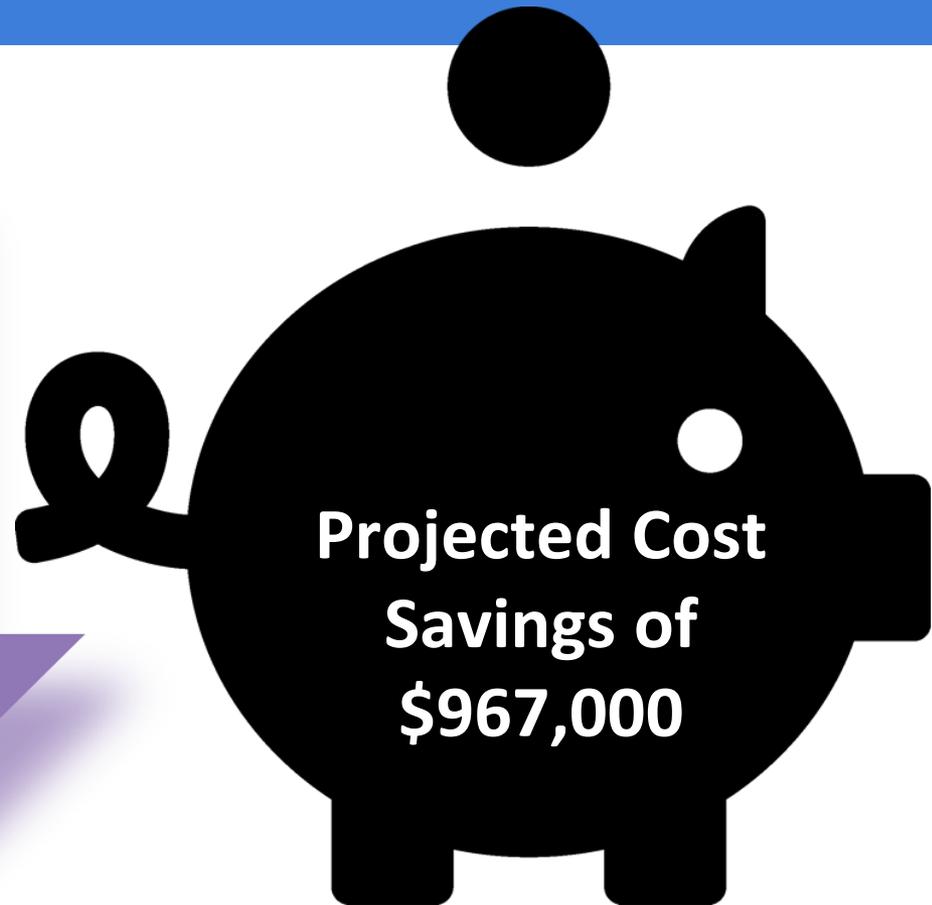
Clinical Outcomes – Diabetes Control

	Baseline(no MTM) N=370	8 years (no MTM)	Baseline (MTM) N=296	8 years (MTM)
LDL controlled	70.2%	61.6%	73.9%	93%
A1C controlled	52.9%	72.8%	48%	83.5%
BP controlled	53.7%	84.1%	54.9%	84.7%
Aspirin Use	85.2%	100%	90.9%	100%
Not smoking	86.2%	86.6%	89.5%	92.9%
Optimal diabetes control	16.5%	37.5%	16.2%	67.1%

Diabetes Pilot Program

97 fewer
hospital
admissions =
\$809,000
savings!

199 fewer
Emergency
Room visits =
\$157,500
savings!



Savings

\$1,276

Medication Optimization

- The most expensive medication you take is the one you don't need
- The second most expensive medication you take is the one that doesn't work