

Medication Therapy Management (MTM) Program

If you are in a Medicare drug plan and have complex health needs, you may be able to participate in a **Medication Therapy Management (MTM)** program. MTM helps you and your prescriber make sure that your medications are working. It also helps identify and reduce possible medication problems.

What is the Medication Therapy Management (MTM) program?

The MTM program is a service offered by Community First Medicare Advantage plans 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. You can leave the program at any time.

To qualify for the Community First Medicare Advantage MTM program, you must meet the requirements for at least one of the following two groups:

1. Have at least three of the following conditions or diseases:
 - a. Alzheimer's Disease
 - b. Bone Disease (osteoporosis, osteoarthritis, rheumatoid arthritis)
 - c. Congestive Heart Failure
 - d. Diabetes
 - e. Dyslipidemia
 - f. End-Stage Renal Disease
 - g. HIV/AIDS
 - h. Hypertension

- i. Mental Health (depression schizophrenia, bipolar disorder, other chronic/disabling mental health conditions)
- j. Respiratory Disease (asthma, chronic obstructive pulmonary disease [COPD], other chronic lung disorders)

AND

Take at least eight covered Medicare Part D medications.

AND

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

OR

2. Are enrolled in the Community First Medicare Advantage Drug Management Program as an At-Risk Beneficiary (ARB). This program helps our Members safely use their prescription opioid medications, and other medications that are frequently abused.

What services does the MTM program offer?

To help reduce the risk of possible problems, our MTM program offers two types of clinical review:

- **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 (CMR):** 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 Community First 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 with 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.
- **Personal Medication List (PML):** The PML will help you and your health care providers keep track of your medications. It explains how to use your medications 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, go to [Medicare.CommunityFirstHealthPlans.com/Resources/Plan-Year-2025](https://www.Medicare.CommunityFirstHealthPlans.com/Resources/Plan-Year-2025).

Next Steps

If you take many medications or if you have multiple chronic health conditions, please call the Navitus Medication Therapy Management (MTM) program team at 1-888-913-7885, Monday through Thursday 8 a.m. to 7 p.m. and on Friday 8 a.m. to 5 p.m. TTY users can call the National Relay Service 711 during the hours listed above.