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Medicare Part D (2022): Medication Therapy Management (MTM) & Comprehensive Medication Reviews (CMR)

What is Medication Therapy Management?

Medication Therapy Management (MTM) is a free program available through all Medicare Part D insurance plans to certain members who have multiple chronic conditions, take multiple medications and are at risk for spending more on annual Medicare Part D covered drug costs than a certain cost threshold or are considered “at risk beneficiaries”. Beneficiaries that meet criteria are automatically enrolled in MTM. The goal of the program is to improve overall health in people with complex health needs. It includes an annual comprehensive medication review (CMR), including a face-to-face or telehealth consultation and written summary provided by a pharmacist or other qualified health provider, and quarterly follow-ups for ongoing monitoring and assistance. In the event the beneficiary is unable to participate in the CMR, the beneficiary’s caregiver or authorized agent may participate on their behalf.

Who is eligible?

By Federal law, the Centers for Medicare & Medicaid Services (CMS) has required MTM programs since Medicare Part D was launched in 2006, however, MTM programs are severely underutilized. While CMS initially estimated that 25% of Medicare Part D members would meet criteria for MTM services, data since 2006 shows roughly a 10% participation rate. Current federal guidelines require Medicare Part D plans to target plan members who have multiple chronic conditions (at least two or more of the “core” chronic conditions listed below) **AND** are taking multiple Part D drugs (two to eight drugs) **AND** are likely to spend more \$4,969 (in 2020) in annual out-of-pocket costs for covered Medicare Part D drugs.

The “core” chronic conditions include (and plans must target at least five of nine core chronic conditions):

- Alzheimer’s Disease
- Bone Disease Arthritis (e.g., osteoporosis, osteoarthritis, rheumatoid arthritis)
- Chronic Heart Failure
- Diabetes
- Dyslipidemia (abnormal amount of lipids, such as cholesterol or fat, in the blood)
- End-Stage Renal Disease (ESRD)
- Hypertension
- Mental health disorder (e.g., depression, schizophrenia, bipolar disorder, chronic or disabling disorder)
- Respiratory disease (e.g., asthma, chronic obstructive pulmonary disease, or COPD) or chronic lung disorder

Medicare Part D plans must also target plan members who are considered “at risk beneficiaries” (ARBs), including those who have a high-risk score as calculated by a government risk assessment tool, have had two or more hospitalizations in one year, is dually eligible for Medicare & Medicaid, or has had a recent diagnosis expected to result in increased costs.



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Within these eligibility guidelines, Medicare Part D plans can select their MTM criteria, such as deciding which chronic conditions to target & and how many Part D drugs are required for eligibility (e.g., eight drugs). While some plans may target a certain chronic condition, others may not. You will need to check with your Medicare Part D plan to find out the specific MTM criteria.

How do I enroll in MTM?

The Centers for Medicare & Medicaid Services (CMS) requires that all plans automatically enroll plan members who meet their MTM criteria. Auto-enrolled members can decide whether to participate in the MTM program, opt out, or refuse or decline MTM services without having to disenroll from the MTM program. Members' participation or non-participation in MTM services does not affect their enrollment in their Part D plan.

Because plans have flexibility to decide how providers will notify members about MTM services, many people may already be enrolled in MTM, but may not be taking full advantage of the services, including comprehensive medication reviews.

To confirm enrollment status and/or eligibility, you must contact your Medicare Part D Plan. If you need help determining the correct number to call, I'm happy to assist you.

Additional Resources

Medicare Part D Questions? Call for Live Help

https://call.medicarelivehelp.com/?gclid=Cj0KCQjw1qL6BRCmARIsADV9Jtb26I3X-K52RDw6y0_8AqbJbS26Ihn-MCJKZocv4364yAbBddbDa2UaAn60EALw_wcB

Medication Therapy Management for complex health needs (Medicare.gov)

<https://www.medicare.gov/drug-coverage-part-d/what-medicare-part-d-drug-plans-cover/medication-therapy-management-programs-for-complex-health-needs>