

## Addressing Medication Adherence Through Long-Term Supplies and Mail Order

When patients are prescribed long-term medication supplies of 90 days or more, they may be more inclined to stick to their medication regimens. Additionally, mail-order programs can help patients refill medications on time.

Having thorough conversations with your patients about the medications they're taking or considering taking is essential to identifying and addressing barriers to adherence. A common barrier among Peoples Health patients is transportation to the pharmacy. A long-term supply secured through a home delivery program could potentially resolve such an issue.

### Patient Benefits of a Long-Term Supply Through Mail Order

**Saves time.** Fewer trips to the pharmacy and less waiting in line.

**Saves money.** Mail-order costs are 17% less than retail costs.

**Free shipping.** Fast, free shipping directly to the patient's home.

**Auto refills.** Patients have the option to enroll in automatic refills on your prescribed schedule.

### Consider prescribing long-term supplies, when appropriate, and encourage your Peoples Health patients to use their mail-order benefit.

- Cost-sharing for all patients is \$0 for a long-term supply of most generic medications on tiers 1 and 2.
- Patients in a Peoples Health special needs plan pay \$0 for all drugs, no matter the days' supply.
- OptumRx is the preferred mail-order pharmacy for patients in other Peoples Health plans with a Part D benefit, and OptumRx offers lower costs for long-term supplies of select Part D medications.

When calling in or sending prescriptions electronically, update to 100-day supply, as appropriate, plus 3 refills.\* For more information, contact OptumRx at [www.OptumRx.com](http://www.OptumRx.com) or 1-877-889-6358.

\*Note that a covered long-term supply for most Peoples Health patients is 100 days. Patients in Peoples Health Group Medicare plans are limited to a 90-day supply.

### Keep in mind:

- For patients eligible for a 100-day supply, consider rewriting an existing 90-day prescription to the longer supply. The pharmacy will continue to dispense 90-day supplies if the prescription is written as such.
- Similarly, when changing a patient's medication from a 30-day supply to a long-term supply, be sure to cancel the 30-day supply and rewrite the prescription. If the prescription isn't canceled, the pharmacy will exhaust any refills left on the 30-day prescription before converting to the long-term prescription.

The ability of patients to get needed prescription medication and stick to the regimens you prescribe is vital to treatment success. Discussing medication adherence during every patient visit and prescribing long-term supplies, as appropriate, can help you identify and overcome barriers to improve treatment outcomes.

### Questions?

Reach out to your Peoples Health representative Monday through Friday, from 8 a.m. to 5 p.m.