

Adherence Tip Sheet

APRIL 2022

At Devoted Health, we actively engage our members to support adherence to diabetes, blood pressure, and cholesterol medications. By working closely with providers like you on this effort, we can enhance quality of care and health outcomes for our members. Here are some tips to help you improve Stars medication adherence measures.*

Medication Adherence

These 3 measures apply to patients taking any of the following medications:

- Antidiabetic medications, except insulin
- RAS (renin-angiotensin system) antagonists, except sacubitril/valsartan
- Statins



*Measures developed by Pharmacy Quality Alliance

GOAL

Patients fill their prescriptions often enough to cover 80% or more of the time they're supposed to take them. **See pages 3-6 for full list.**

EXCLUSIONS

- Hospice enrollment
- ESRD diagnosis codes (As of 2022, Risk Adjustment Processing System RxHCC codes will no longer count toward ESRD exclusion criteria)

Medication Adherence

To make it easier to support adherence rates, we'll send you reports that show members with upcoming fills and those with worsening adherence. You can use the reports to help you choose the appropriate interventions below.

Educate your patients

- Make sure patients have established care with you or a specialist
- Educate patients about their medication and side effects
- Talk to patients who miss fills to understand how you can help
- Remind patients about upcoming fills
- Ask patients if they need new prescriptions for any chronic conditions
- Talk to patients who regularly forget medication doses to see if there are better alternatives (like extended-release medications)
- Check in with patients who may be using old or expired medications**
- Call the patient's pharmacy to deactivate prescriptions for permanently discontinued medications (this prevents accidental refills)

Keep patient costs down

- Prescribe the lowest tier medication that will treat the patient's condition (search our formulary at [devoted.com/search-drugs](https://www.devoted.com/search-drugs))
- Discuss lower cost alternatives
- Help patients get reimbursed when they pay out-of-pocket for medications**

Recommend the right services

- Talk to patients about automatic renewals and refills
- Help patients sign up for refill texts or online alerts from their pharmacy
- Help patients change from a retail pharmacy to mail-order
- If appropriate, provide prescriptions for 100-day supplies (Our plans cover 90-day and 100-day supplies with the same copay)
- Suggest a pharmacy with adherence support, like MedMinder or PillPack
- Synchronize medications

Send members to us for these needs

- Rides to the pharmacy
- Extra Help or other financial assistance
- A comprehensive medication review with a clinical pharmacist
- Medication before leaving on an extended trip

How we help with medication adherence

- Our medication adherence team works with members, providers, and pharmacies to help identify and overcome medication adherence barriers.
- Our Availity portal has reports that show members with upcoming fills or worsening adherence. You can use these reports to help you choose the appropriate interventions.

**Only Part D pharmacy claims close these measures



2022 Covered Medications

Antidiabetic medication

Biguanides

metformin ✓
metformin ER ✓ (Glucophage XR only)

DPP-IV inhibitors

JANUVIA \$
JANUMET \$
JANUMET XR \$
JENTADUETO \$
JENTADUETO XR \$
TRADJENTA \$

DPP-IV inhibitor/ SGLT2 inhibitor combination

GLYXAMBI XR \$
TRIJARDY \$

Incretin mimetics

BYDUREON BCISE \$
BYDUREON PEN \$
BYETTA \$
OZEMPIC \$
RYBELSUS \$
TRULICITY \$
VICTOZA \$

Meglitinides

nateglinide ✓
repaglinide ✓

SGLT2 inhibitors

FARXIGA \$
JARDIANCE \$
SYNJARDY \$
SYNJARDY XR \$
XIGDUO XR \$

Sulfonylureas

glimepiride ✓
glipizide ✓
glipizide XL ✓
glipizide/metformin ✓

Thiazolidinediones

pioglitazone ✓

RAS antagonists

ACE (angiotensin-converting enzyme) inhibitors

amlodipine/benazepril ✓
benazepril ✓
benazepril/HCTZ ✓
captopril ✓
enalapril ✓
enalapril/HCTZ ✓
fosinopril ✓
fosinopril/HCTZ ✓
lisinopril ✓
lisinopril/HCTZ ✓
moexipril ✓
perindopril ✓
quinapril ✓
quinapril/HCTZ ✓
ramipril ✓
trandolapril ✓

ARBs (angiotensin II receptor blockers)

amlodipine/olmesartan ✓
amlodipine/telmisartan ✓
amlodipine/valsartan ✓
amlodipine/valsartan/HCTZ ✓
candesartan ✓
candesartan/HCTZ ✓
EDARBI \$
EDARBYCLOR \$
irbesartan ✓
irbesartan/HCTZ ✓
losartan ✓
losartan/HCTZ ✓
olmesartan ✓
olmesartan/amlodipine/HCTZ ✓
olmesartan/HCTZ ✓
telmisartan ✓
telmisartan/HCTZ ✓
valsartan ✓
valsartan/HCTZ ✓

Direct renin inhibitors

aliskiren

Statins

HMG-CoA reductase inhibitors

ALTOPREV \$
amlodipine/atorvastatin ✓
atorvastatin ✓
EZALLOR \$
fluvastatin ✓
LIVALO \$
lovastatin ✓
pravastatin ✓
rosuvastatin ✓
simvastatin ✓
ZYPITAMAG \$

LEGEND

✓ Tier 1 medication

\$ Tier 3-5 medication
Cost may increase substantially once patient reaches coverage gap

***Florida D-SNP plans have separate covered medications. See page 5.



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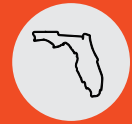
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Improving Statin Medication Adherence

Deciding on statin intensity in diabetic patients

Recommend a high-intensity statin if:

- Clinical atherosclerotic cardiovascular disease (ASCVD) present
- LDL \geq 190
- 10-year ASCVD risk \geq 20%
- Multiple risk factors

Recommend a moderate intensity statin if:

- Patient is 40-75 years old without ASCVD or other risk factors

Clarify statin benefits

- Taking a statin for about 5 years prevents one cardiovascular (CV) event in every 20 patients with CV disease and one in every 50 patients without CV disease. The higher the risk, the greater the potential benefit (even if cholesterol is not elevated).
- Emphasize that statins will lower cholesterol, but the biggest benefit comes from preventing strokes and heart attacks.

Put statin risks in perspective

- Serious side effects occur in 1 out of 10,000 people.
- CV benefits of statins outweigh the small increased risks of side effects including non-serious and reversible cognitive effects and increased blood glucose/A1C.

Managing statin muscle symptoms

- Consider switching lipophilic statins (atorvastatin, simvastatin) to more hydrophilic statins (rosuvastatin, pravastatin).
- Consider reducing the dose or the frequency of the statin (i.e. alternate day dosing). Keep in mind, this could negatively impact the statin medication adherence Star measure if an updated prescription is not written or picked up from the pharmacy.

Keeping patient costs low

- **Tier 1:** atorvastatin, lovastatin, pravastatin, rosuvastatin, and simvastatin

Helping patients remember to take their statin

- Simvastatin and lovastatin require administration at night. To enhance medication adherence, start or switch to a longer acting statin (e.g. atorvastatin, rosuvastatin, pravastatin) that may be taken at any time of day.
- Suggest a pharmacy with adherence support, such as MedMinder, PillPack, or ExactCare.
- Discuss incorporating medications into daily routine.

Need help? Email pharmacy@devoted.com

or reach out to your network representative