

Point32Health's Star Measure Tip Sheets outline key features of specific Medicare Star Rating program measures. These best practices and tips can optimize Star Ratings and identify opportunities to improve patient care.



# Medication Adherence

The Medication Adherence measure assesses the percentage of patients 18 years of age or older who are prescribed a medication for diabetes, hypertension, or cholesterol and fill their prescription often enough to cover 80% of the prescribed course of treatment. The three measures are:

- Medication adherence for **diabetes** medications
- Medication adherence for **hypertension** (RAS antagonists)
- Medication adherence for **cholesterol** (statins)

## Medications included in each measure

### Diabetes

- Biguanides
- Sulfonylureas
- Thiazolidinediones
- Dipeptidyl peptidase (DPP)-IV inhibitors
- Glucagon-like peptide-1 (GLP-1) receptor agonists\*
- Meglitinides
- Sodium glucose cotransporter 2 (SGLT2) inhibitors

### Hypertension

- Renin-Angiotensin System (RAS) antagonists, defined as angiotensin converting enzyme (ACE) inhibitors
- Angiotensin II receptor blockers (ARBs), or direct renin inhibitors

### Cholesterol

- Statin and statin combinations

## Exclusions

- Hospice care during the measurement year
- End-stage renal disease (ESRD) diagnosis or dialysis during the measurement year
- Prescription for insulin (diabetes measure only)
- Prescription for Entresto (sacubitril/valsartan) (*hypertension measure only*)

## Notes:

- **Patients qualify** for the measure on the second medication fill date, but the measurement period begins on the date of the first fill.
- **Patients must use** their Medicare Part D pharmacy benefit, as gap closure is dependent on pharmacy claims.

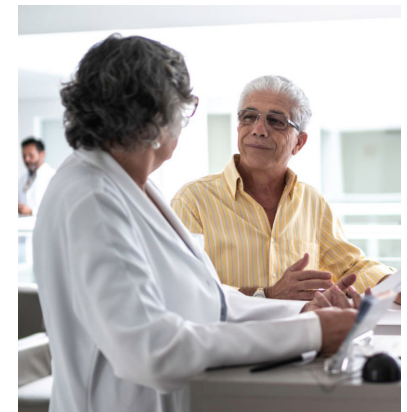
\* *for diabetes treatment only; obesity and weight loss medications are excluded from Medicare coverage.*

### Provider Tips and Best Practices

- **Explain** the importance of the medication plan to patients, emphasizing its impact on the success of their overall treatment plan.
- **Ask** patients about their medication habits (including missed doses) and identify barriers to taking medication such as side effects, financial difficulties, and obstacles to transportation.
- **Supply** patients with medication reference materials/ instructions for review at home or with a caregiver.
- **Review** insurance formularies for lowest-tiered, clinically appropriate medications. With many plans, there is no copay for Tier 1 medications filled at preferred pharmacies or delivered via Optum Rx Home Delivery.
- **Share** [Medicare Prescription Payment Plan](#) information with patients who could benefit (those with high Part D cost sharing early in the year or monthly drug costs of \$350 or more).
- **Provide** 90-day prescriptions to reduce patient trips to the pharmacy.
- **Encourage** patients to enroll in prescription auto-refill through their pharmacy.
- **Suggest** that patients consider using pharmacies that offer free, next-day delivery of prescriptions.
- **Request** that pharmacies synchronize multiple medications for patients to be filled on the same day.
- **Talk** with pharmacists about medication dosage packaging options.
- **Encourage** patients to use pill boxes, and/or smartphone apps with medication reminder alerts.
- **Simplify** dosing schedules when appropriate for patients with higher dosing frequency.
- **Remind** patients to store medication containers in a visible area (properly closed and safely out of children's reach).

### Patients can sign up for Optum Rx Home Delivery:

- online at [OptumRx.com](https://www.OptumRx.com)
- by calling:
  - HMO: 800-299-7648
  - PPO: 800-460-0322
  - SCO: 800-510-4817
- by completing the [online order form](#)



### Did you know?



Each year, **125,000** Americans die as a result of poor medication adherence.



Poor adherence to medication costs the U.S. health care system nearly **\$300 billion a year** in medical appointments, hospitalizations, and visits to the emergency room.