Experiencing the value of a Comprehensive Medication Review (CMR)

When Community Health Group (CHG) completed an assessment of their Medication Therapy Management program for their Medicare population at the end of 2019, they experienced a return on investment in year one. Their long-term projected benefits include improved adherence, fewer hospital admissions and a decrease in overall cost of care for their members.* Ultimately, the members receiving a CMR averaged 5% lower total cost of care compared to the members who did not.

* Costs calculated included total healthcare, pharmacy, medical and specialty/ancillary services.

CMRs created an average of $4000 in medical expenses reduction per patient per year.

Member Inclusion Criteria
Similar to criteria used by most Medicare plans, the CHG members in this study:
- Have 3 or more of selected chronic diseases
- Take at least 8 covered Part D medications
- Incur one-fourth of the annual costs threshold ($4044) for covered Part D drugs in previous three months

Study Population
- Intervention Group: 992 members who completed a CMR
- Control Group: 332 members who did not complete a CMR
- Top disease states: Diabetes, COPD, Asthma, Chronic Heart Failure
Study Population

A Comprehensive Medication Review (CMR) is an interactive, real-time discussion between a pharmacist and the patient to review the entire medication profile—inclusive of prescription and non-prescription drugs, herbal products and nutritional supplements. The pharmacist works to detect any conflicts, duplications or other drug therapy problems; address adherence barriers; and deepen the patient's understanding of their regimen. In follow-up, the patient receives an updated medication list and action plan.

Cost INCREASE associated with CMRs

CHG started with the theory that pharmacist intervention affects overall cost of care. **Value is measured by more than just medication cost savings.** Members who receive CMRs are more likely to be adherent and engaged, so their drug costs could be higher. CHG members receiving a CMR saw increased costs for pharmacy and specialty services.

Cost DECREASE associated with CMRs*

<table>
<thead>
<tr>
<th>Setting</th>
<th>Intervention over control</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inpatient Acute</td>
<td>26.0%</td>
</tr>
<tr>
<td>Inpatient Non-Acute</td>
<td>54.9%</td>
</tr>
<tr>
<td>Outpatient ER</td>
<td>19.0%</td>
</tr>
<tr>
<td>Overall Medical</td>
<td>17.7%</td>
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</tbody>
</table>

*per member annually

Overall, **CHG members who received a CMR** spent less time in the hospital, improved health outcomes and decreased their overall cost of care compared with those members who did not get a CMR.

We’d love to discuss more.

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