

## Case Study



### 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

## What is a CMR?

A Comprehensive Medication Review (CMR) is an interactive, real-time discussion between a pharmacist and the patient to review the entire medication profile—including 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.

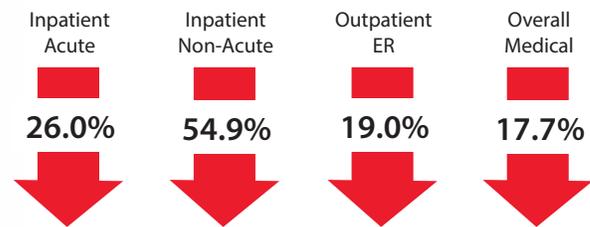
### Cost **INCREASE** associated with CMRs

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\*: Intervention over control

In CY2019, CHG members who received a CMR had a 5% lower average amount paid per member for total cost of care as compared to members who did not receive a CMR. CHG members receiving a CMR saw decreased costs for inpatient acute, inpatient non-acute, outpatient ER, and overall medical.



\*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.