

Improve medication adherence with mail order pharmacy

- For Medicare patients taking medications for chronic diseases, consider recommending that they utilize their mail order benefit.
- Medication adherence can improve when patient barriers are removed.
- Common barriers when mail-order is not used include the following:
 - Inconvenience:
 - Longer wait times
 - Required travel for frequent fills
 - Limited customer support
 - Enhanced expenses:
 - Higher medication cost
 - Transportation costs

Important benefits of mail order pharmacy for patients and providers

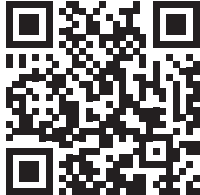
- Studies indicate that patients who use mail order pharmacies are more likely to be adherent to their medications:
 - Medication adherence on average is enhanced by 20% for mail order users.^{1,2}
- Internal analysis of mail order pharmacy usage indicates improved adherence to medications related to all three Medicare Star Ratings adherence measures (hypertension, diabetes, and cholesterol).
- Overall, better adherence to medications can improve patient health outcomes and reduce healthcare costs:
 - High blood pressure medications were associated with \$2,900 potential savings per person per year (PPPY).³
 - High cholesterol medications were associated with \$1,560 potential savings PPPY.³
 - Diabetes medications were associated with \$3,365 potential savings PPPY.³



What can you do to help?

- Providing education about mail order pharmacy has been shown to increase its utilization.
- Discuss the benefits of mail order pharmacy.
- Encourage members to review their plan via the Sydney Health app or contact Simply Healthcare Plans, Inc. (Simply) Member Services to learn more about their mail order pharmacy benefit.

Sydney Health app:



Simply Member Services:



E-Prescribing and E-Fax:

IngenioRx Home Delivery Pharmacy
800 Biermann Court, Suite A
Mt Prospect, IL 60056
Fax: **877-742-4210**
Pharmacy NABP or NCPDP# 1473898

Phone (FastStart toll-free prescriber number):
833-203-1742

Fax: 877-742-4210

How to submit a mail order pharmacy prescription?



1 Fernandez et al. Examination of the link between medication adherence and use of mail order pharmacy in chronic disease states. J Managed Care Spec Pharm. 2016. <https://www.jmcp.org/doi/10.18553/jmcp.2016.22.11.1247>.

2 Schwab et al. A retrospective database study comparing diabetes-related medication adherence and health outcomes for mail order versus community pharmacy. J Managed Care Spec Pharm. 2019. https://www.jmcp.org/doi/10.18553/jmcp.2019.25.3.332?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%20%20Opubmed.

3 Gleason, Pat. When adherence goes higher, associated medical cost go lower. Prime Therapeutics. 2020. <https://www.primetherapeutics.com/research/when-adherence-goes-higher-associated-medical-costs-go-lower/>

<https://provider.simplyhealthcareplans.com>

Simply Healthcare Plans, Inc. is a Medicare contracted coordinated care plan that has a Medicaid contract with the State of Florida Agency for Health Care Administration to provide benefits or arrange for benefits to be provided to enrollees. Enrollment in Simply Healthcare Plans, Inc. depends on contract renewal.

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