

# Medication adherence

## Humana programs and resources

Humana recognizes that medication adherence is everyone's concern. While prescribers can have a powerful influence on their patients' adherence, patients and their health plans also have important roles to play. Humana's focus on medication adherence includes the following programs and resources.

### Communication with your patients

Humana contacts your patients who are struggling with adherence and offers refill reminders and assistance, along with adherence recommendations at no additional cost. We also provide educational materials to patients about the importance of adherence and potential recommendations to overcome barriers.

### Teaming up with physicians

Do you have a patient you feel would benefit from a medication adherence discussion with a nurse or pharmacist? To refer a patient for a Humana-facilitated consultation at no additional cost, please call **800-491-4164**, Monday – Friday, 8:30 a.m. – 6:30 p.m.

Physicians are finding the following practices to be helpful in improving adherence:

- Providing a 90-day prescription for maintenance drugs
  - If you have system reminders or pop-ups, add a 90-day supply reminder for your patient's next refill.
- Conducting open discussions with patients to identify and resolve patient-specific adherence barriers
- Providing an updated prescription to the pharmacy if a patient's medication dose has changed since the original prescription
- Reinforcing patients' understanding of the role of diabetes, cholesterol and hypertension medications in their therapy and the expected duration of the therapy


 Additionally, you can refer patients to [6 Tips for Managing Multiple Medications | Humana](#) for adherence tips and tools.


### The value of 90-day prescriptions


An analysis of Humana claims shows 91% of Medicare Advantage members who fill 90-day prescriptions at a mail-order facility are adherent to their medication regimens, as compared to 87% of 90-day fillers at retail sites and 72% of 30-day fillers at retail.<sup>1</sup>

### CenterWell

CenterWell™ is a mail-order pharmacy that is an option for Humana members and may help them with adherence.

 CenterWell sends refill reminders by phone, email and/or text message.

 Many of Humana's Medicare plans offer a \$0 copayment for Tier 1 and Tier 2 generic drugs at CenterWell.

 CenterWell ships medications to the location of the patient's choice, eliminating time spent traveling to a retail pharmacy. Standard shipping is free.

To prescribe with CenterWell, call **800-379-0092**. CenterWell offers multiple ways to prescribe. Visit [Prescriber Information | CenterWell Pharmacy™](#) to see all options.

## Star measure medication adherence medications Tier 1 and 2

### Hypertension medications

ACE inhibitors	ACE inhibitor combinations	ARBs	ARB combinations
benazepril*	benazepril/amlodipine*	irbesartan*	amlodipine/valsartan**
enalapril*	benazepril/HCTZ**	losartan*	irbesartan/HCTZ*
fosinopril*	enalapril/HCTZ*	olmesartan*	losartan/HCTZ*
lisinopril*	fosinopril/HCTZ**	telmisartan**	olmesartan/HCTZ**
moexipril**	lisinopril/HCTZ*	valsartan*	valsartan/HCTZ*
perindopril**	quinapril/HCTZ**		
quinapril*			
ramipril*			
trandolapril*			

### Diabetes medications

Biguanide + combination	Sulfonylureas	Thiazolidinediones	Alpha-glucosidase inhibitor
metformin* (1000 mg ER is not covered)	glimepiride*	pioglitazone*	acarbose**
metformin/glipizide*	glipizide*		
metformin/glyburide**	glyburide**		

### Hyperlipidemia medications

#### Statins + combination

atorvastatin*	lovastatin*	pravastatin*	simvastatin/ezetimibe**	rosuvastatin*	simvastatin*
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\* Tier 1 | \*\* Tier 2

<sup>1</sup>Based on an analysis conducted by Pharmacy Analytics, a division of Humana Pharmacy Solutions. Performance rates for 30- and 90-day prescriptions. Completed: May 25, 2022. Humana prescription claims data January 2021 through December 2021.

Tier utilized is applicable to 2022 Super National 5 MAPD formulary (Form ID: 22520, 22521) and is subject to change. Humana recognizes that your patients have the sole discretion to choose their pharmacy and that you must use your independent medical judgment when advising patients about their pharmacy choices. Other pharmacies are available in our network. Your patients with a Humana plan should check their plan documents to verify their prescription benefits.