

Antidepressant Medication Management (AMM)

TIPS FOR PHYSICIANS AND PROVIDERS

Antidepressant Medication Management (AMM) is one of the National Committee for Quality Assurance (NCQA) Healthcare Effectiveness Data and Information Set (HEDIS®) measures.

Humana encourages its members to communicate with you and be engaged in their follow-up care and medication management.

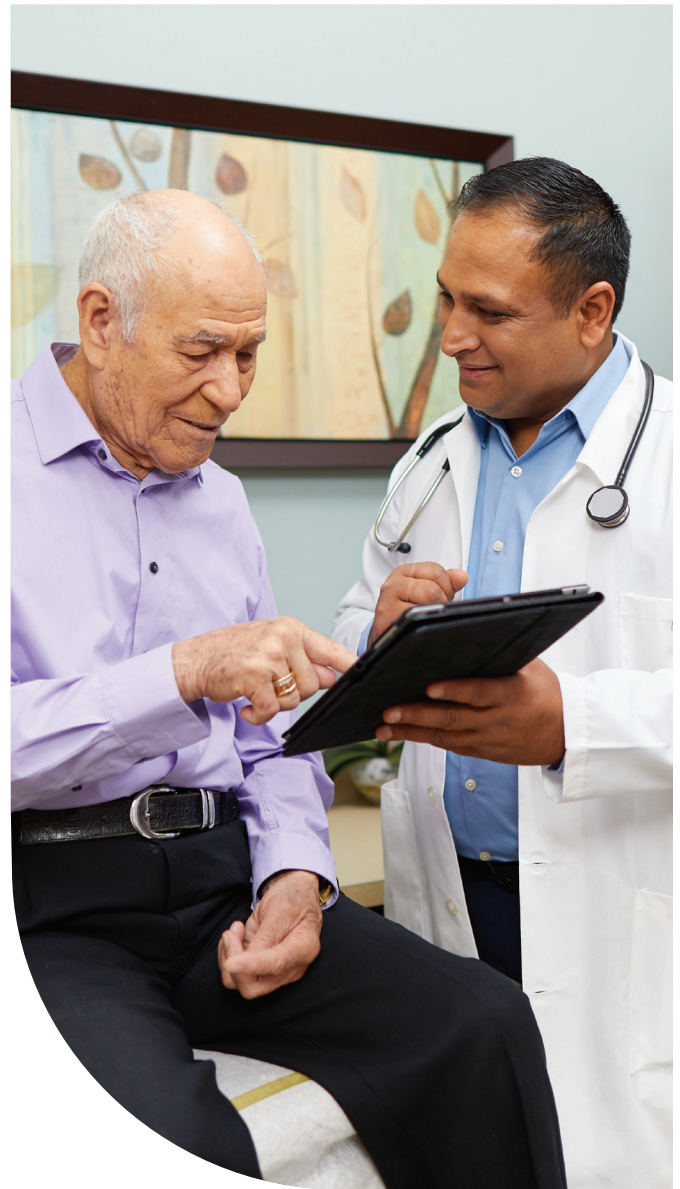
MEASURE AT A GLANCE

- **Measure abbreviation:** AMM
- **Measurement period:** The 12-month window starting May 1 of the year prior to the measurement year and ending April 30 of the measurement year
- **Eligible population:** Patients 18 and older as of the index prescription start date (IPSD) who have commercial and Medicare coverage

ASSESSMENT PHASES FOR 2020

Performance is assessed using claims-based data. Two rates are reported:

1. **Acute phase:** Patients must remain on an antidepressant medication for at least 84 days (12 weeks).
2. **Continuation phase:** Patients must remain on an antidepressant medication for at least 180 days (six months).



MEASURE BEST PRACTICES

- Stress timely 90-day prescription refills to support medication adherence in both phases.
- Educate your patient on the importance of remaining on the antidepressant.
- Schedule appointments to discuss barriers to medication adherence.



ADDITIONAL INFORMATION AND RESOURCES ABOUT DEPRESSION

- In 2016, 12.8% of adolescents 12 to 17 (3.1 million adolescents) had a major depression episode (MDE) during the past year; 6.7% of adults 18 or older (16.2 million adults) had at least one MDE in the past year.¹
- The National Alliance on Mental Illness offers resources and information about depression. You can visit its website at www.nami.org/Learn-More/Mental-Health-Conditions/Depression.



We can help

Contact Humana to request a care coordinator who will help your patient navigate the healthcare system and link him/her to in-network behavioral health providers.

- Commercial Customer Service: **800-448-6262**
- Medicare Customer Service: **800-457-4708**

Reference

¹Substance Abuse and Mental Health Services Administration. “Key Substance Use and Mental Health Indicators in the United States: Results from the 2016 National Survey on Drug Use and Health.” Sept. 7, 2017. <https://www.samhsa.gov/data/report/key-substance-use-and-mental-health-indicators-united-states-results-2016-national-survey>

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