


U&YOUR Benefits



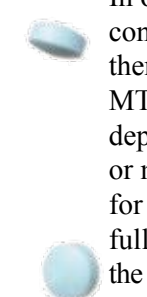
A Publication for Faculty and Staff

March 2009

UPlan to offer MTM benefit this spring

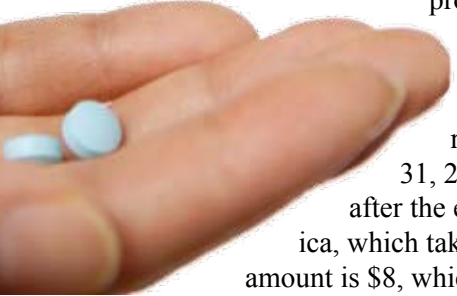


Medication Therapy Management (MTM) is an evolving patient care service in which medication therapy decisions are coordinated by pharmacists working together with the patient and his/her physician. MTM services are described by the American Medical Association as the “face-to-face assessment and intervention by a pharmacist to optimize the response to medications or to manage treatment-related medication interactions or complications.”



In other words, face-to-face meetings with a specially trained pharmacist can contribute to the improved quality and effectiveness of a participant's medication therapy program. With this positive result in mind, the University will offer the MTM program to eligible UPlan members this spring. You or your covered dependents would be eligible to enroll in the MTM program if you take four or more UPlan-covered prescription and covered over-the-counter medications for chronic conditions or are referred by your physician. The UPlan will pay the full cost of MTM pharmacy services so there is no copay or other cost to you for the consultations with the pharmacist.

Copay reduction for participation



One incentive to participate in the MTM program is a copay reduction for UPlan-covered prescription and over-the-counter medications. When you enroll in the program you are eligible for a one-time copay reduction that lasts for six months. However, for 2009, if you initiate MTM services before June 30, 2009, your copay reductions will continue through December 31, 2009. The copay reductions are effective after the enrollment form is processed by RxAmerica, which takes about seven days. The copay reduction amount is \$8, which results in zero cost for Generic Plus medications and a reduced \$12 copay for Brand Name medications on the UPlan formulary. After your copay reductions end, you can continue consultations with your MTM pharmacist to get the most benefit from this program.

MTM pharmacists

Although the MTM network is much smaller than your medical network, over time all of the major University locations — the Twin Cities campus, coordinate campus cities, and some additional Minnesota locations — will have approved MTM pharmacists available. The MTM pharmacists may be based out of clinics or community pharmacies. To see the current list of approved MTM pharmacists for your location, go to www.umn.edu/ohr/benefits/pharmacy/mtm/.



Enrolling in the MTM Program

The first step to enroll is to choose your MTM provider from the UPlan MTM network published online at www.umn.edu/ohr/benefits/pharmacy/mtm/. Each provider in the network has been approved as having the necessary levels of education to provide medication therapy management.

Next, schedule your first MTM visit and plan to bring the following items with you:

- Your medical plan and RxAmerica ID cards
- All of your prescription and over-the-counter medication bottles or a complete list of your current medications
- The UPlan MTM Membership Participation Agreement published online at www.umn.edu/ohr/benefits/pharmacy/mtm/

Then you and your pharmacist complete the Agreement during the visit and fax it to RxAmerica to initiate the copay reductions. It takes RxAmerica about seven business days to process the form.

Why enroll? The \$8 savings on just four covered prescriptions for six months comes to \$192. With more prescriptions, you save more.

UPlan

MTM Program piloted at UMD

The Medication Therapy Management Clinic opened on the Duluth campus in November 2007 as part of the Employee Health and Wellness Center that also offers the QuickCare Clinic and health coaching services.

The MTM program was offered as a pilot program in Duluth to help develop the program design and operational processes before offering the program to all UPlan members

At right are comments from a provider and a patient on what the program means to them.

Choosing your MTM pharmacist

The MTM network does not include all the pharmacists in the state so it is possible that when you review the online network you will choose an MTM pharmacist who is not part of your clinic, hospital, or regular pharmacy.

The MTM pharmacist is someone who will consult with you about your current medications. You are not required to change your prescription medications to the MTM pharmacy, nor would you be required to change your primary care provider.

MTM: a provider's perspective and a patient's appreciation

Melissa Bumgardner, director of the UMD MTM Clinic, offered her perspective on the program as a provider.

“As a pharmacist who provides medication therapy management (MTM) services, I’ve had many people ask me why they would need such a service. My answer is always the same: to empower you to take charge of your health. It has been said that knowledge is power. The whole purpose behind MTM is to give patients the knowledge they need to make educated decisions about their medication use.



“Patients who participate in an MTM program receive one-on-one time with a pharmacist to discuss their medication-related goals and develop a plan to achieve those goals. I’ve yet to see a patient for whom we didn’t identify at least one unmet goal; even for those patients who felt very comfortable with and knowledgeable about their medications!

“For me as a pharmacist, the reward of participating in MTM comes from helping people get the maximum benefit from their medications. So if you take at least four UPlan-covered medicines, be they prescription or over-the-counter, why not make an appointment to meet with a UPlan MTM pharmacist to make sure that you are making the most of what you are taking.”

For an insight into the value of the Duluth MTM program from the patient side, we include a portion of a letter received from Shirley A. Reiersen to express her appreciation for the service.

“Although initially I enrolled in the program because of the cost savings of my prescription medications (and savings remains important and significant), the true value of the program has been the excellent advice and guidance given to me by Dr. Bumgardner. She has not only helped me understand how my medications work, but she has also educated me about side effects and interactions with both prescription and over-the-counter medications.



“Our contacts have given me a much greater sense of security and understanding about my medications. Although I have never been medication-resistant, I have definitely wondered if I need to be on all my meds, and she has certainly helped allay some of my fears. She has communicated regularly with my internal medicine physician, and that has helped my physician and me make some important decisions about my medications and my health care.”

Note to Medica HSA members

If you are a member of Medica HSA, participation in the MTM program will work differently for you.

The deductible will apply, and you will be responsible for the cost of both the consultations with the MTM pharmacist and your prescription medications. You may choose to use your HSA account to cover some costs.

The benefit from participating comes from the helpful discussion with the MTM pharmacist and your increased understanding of your medications.

What to expect in your first MTM meeting

Your MTM consultation will be held in a private room in the pharmacy or the clinic setting where you will meet one-on-one with your MTM pharmacist.

An initial visit may last anywhere from 30 to 45 minutes. The pharmacist will ask you questions about your medical conditions, medical history, and current and past medication use. This information will be used to assess your current medications and identify any problems with your medications.

With your permission, the pharmacist will then contact your primary care provider and present his/her assessment and recommendations. It is important to know that your pharmacist will work closely with your primary care provider to optimize your health care and resolve any medication-related problems. It is recommended that you see your MTM pharmacist three times during the first year, or more if needed, and two times in each subsequent year to provide an ongoing assessment of your health status and medications.



UPlan Facts: *Did you know?*

Prescription Drug Statistics

	2006	2007	2008
Use of Generic Drugs (Percent of Total Prescriptions)	58.6%	64.2%	67.6%

Average Total Cost per Prescription	\$86.61	\$89.06	\$91.42
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Average UPlan Cost per Prescription	\$72.81	\$76.46	\$79.64
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Average Copay per Prescription	\$13.80	\$12.60	\$11.78
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Average Cost of Prescription Drugs:	Brand	vs.	Generic
2007 total cost per 30-Day Supply (2008 total costs are not yet available)	\$213.52		\$29.29

Quick Fact:

For the first half of 2008, 77% of retail prescriptions in the UPlan were filled for a copay of \$8 or less versus the \$15 copay charged for most prescriptions prior to the RxAmerica program. When final 2008 numbers are available, this percentage is expected to be even higher.



UPlan Pharmacy Program

Drugs moving from brand to generic

After brand-name drugs have been on the market for 11 to 14 years on average, the patents and certain exclusivity periods expire. After FDA approval is granted, generic versions of the drugs may enter the market and compete with prices that are substantially below the brand. Once a drug becomes available as a generic, your copay will be \$8 for the generic medication. If you or your doctor requests the brand medication, you will pay the \$8 generic copay plus the difference in price between the brand and generic.

Brand Name	Generic Name	Treatment	Approved/Marketed
PROTONIX	Pantoprazole	Gastric Ulcer	January 2008
KYTRIL	Granisetron	Nausea or Vomiting from Cancer Therapy or Surgery	January 2008
FOSAMAX	Alendronate	Osteoporosis	February 2008
WELLBUTRIN XL 150MG	Bupropion sustain released	Depression	June 2008
YASMIN	Ethyl Estradiol/Drospirenone	Birth Control	June 2008
RISPERDAL	Risperidone	Antipsychotic	June 2008
LAMICTAL	Lamotrigine	Seizures or Bipolar Disorder	July 2008
DEPAKOTE	Divalproex	Seizures or Bipolar Disorder	August 2008
RAZADYNE	Galatamine	Alzheimer's or Dementia	September 2008
TRUSOPT	Dorzolamine	Glaucoma	October 2008
COSOPT	Dorzolamine/timolol	Glaucoma	October 2008
IMITREX (Injection)	Sumatriptan	Migraines	November 2008
KEPPRA	Levetiracetam	Seizures	November 2008

Brand Name	Generic Name	Treatment	Anticipated Availability
ADDERAL XR	Amphetamine-dextroamphetamine sustain released	ADHD (Attention-Deficit - Hyperactivity Disorder)	1 st Quarter 2009
DEPAKOTE ER	Divalproex sustain released	Seizures	1 st Quarter 2009
TOPAMAX	Topiramate	Seizures	1 st Quarter 2009
CELLCEPT	Mycophenolate	Transplant	2 nd Quarter 2009
ALPHAGAN-P	Brimonidine eye drop	Glaucoma	4 th Quarter 2009
OPTIVAR	Azelastine eye drop	Allergy	4 th Quarter 2009
VALTREX	Valacyclovir	Genital Herpes	4 th Quarter 2009
PREVACID	Lansoprazole	Gastric Ulcer	4 th Quarter 2009
ALLERGRA-D	Fexofenadine/pseudoephedrine	Allergy	4 th Quarter 2009



Quick care for your sore throat or stuffy nose

Gopher Quick Clinic has two locations on the Twin Cities campus for quick care for common illnesses such as sore throats, ear infections, and bronchitis. Gopher Quick Clinic is open from 9 a.m. to 5 p.m., Monday through Friday, at its two locations:

- On the third floor (entry level) in Boynton Health Service, 410 Church Street SE
- On the first floor near the commuter lounge and theater in Coffman Memorial Union



Gopher Quick Clinic serves UPlan members five years of age and older; however, children one to four years of age can be seen for strep tests and flu vaccines. For more information about Gopher Quick Clinic services, refer to their Web site at www.bhs.umn.edu/quickclinic/index.htm.



MinuteClinic offers health care services to UPlan members and the general public. You can seek services from any MinuteClinic in the Twin Cities. For locations and more information about MinuteClinic, refer to their Web site at www.minuteclinic.com.

UMD's QuickCare Clinic offers care to UPlan members for common illnesses. It is located in the Employee Health and Wellness Center in the Kirby Student Center. For more information about QuickCare, refer to their Web site at www.d.umn.edu/quickcare/.

Walk in to better health through preventive health screenings

Plan to participate in the preventive health screenings to get ready for completing the Wellness Assessment. The screenings, key indicators of your health status, are offered through **Boynton Health Service** at no cost to you and your UPlan-covered spouse/same-sex domestic partner. Trained Boynton staff will perform the following tests and help you interpret results.

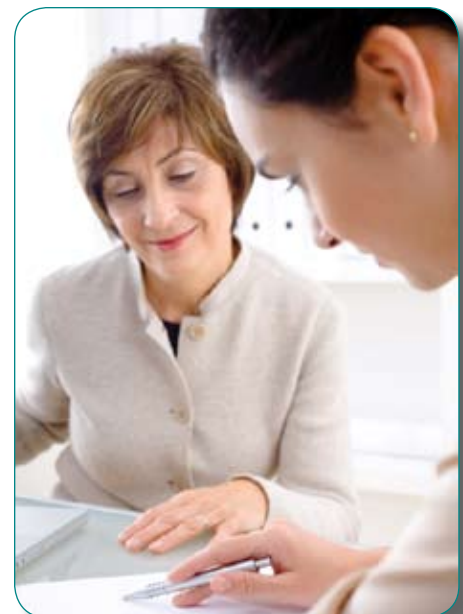
Testing is offered from 8 a.m. to 1 p.m. on a first-come, first-served basis. The typical wait time for the tests is about 15 minutes depending on demand:

- Fasting cholesterol and blood glucose*
- Body mass index and body composition
- Blood pressure check

*For a fasting cholesterol test, you must fast (not eat anything) for eight hours before testing to get the most accurate results. You may drink water, but coffee, tea, or soda should be avoided.

The schedule of dates and locations for the screenings is available at www.bhs.umn.edu/services/healthscreening.htm.

You can also get health screenings at **UMD's QuickCare Clinic** and through your health care provider.



Employee Benefits
100 Donhowe
319 15th Avenue SE
Minneapolis, MN 55455-0103



Wellness Program Questions & Answers

If you want to enroll or have questions about the programs or opportunities available to you and your family in the Wellness Program, keep this Wellness Resources Directory to find the appropriate contact.

Questions about...	Service Provider	...Contact Information
Wellness assessment	StayWell Health Management	800-926-5455 StayWell Health Management www.staywellhealthmanagement.com/
Health coaching by telephone	Healthways	877-247-9204 Healthways www.healthways.com
	Duluth	218-726-6750 Employee Wellness Center www.d.umn.edu/healthcoach
Health coaching in person	Morris	320-589-6486 Regional Fitness Center www.regionalfitnesscenter.com/
	Twin Cities	612-625-3222 Boynton Health Service www.bhs.umn.edu/bhsindex.htm
Healthy Living programs	StayWell Health Management	800-926-5455 StayWell Health Management www.staywellhealthmanagement.com/
HealthCare Choices	Wellness Program	E-mail: well@umn.edu
Walking program: HealthPartners 10,000 Steps®	HealthPartners	952-883-7800 800-311-1052 uofm.10k-steps.com
24/7 Nurse line	Ask Mayo Clinic	See UPlan Medical Plan ID card
Wellness Program (eligibility, wellness rewards)	Wellness Program	612-626-WELL (9355) 888-433-WELL (9355) E-mail: well@umn.edu



Annual BAC call for UPlan review

The Benefits Advisory Committee (BAC) is currently seeking your confidential comments about your experiences with your medical, pharmacy, and wellness plan in 2008 and 2009 to date.

BAC members have volunteered to review and summarize comments. Your comments help the BAC to monitor the quality of the UPlan health benefits. The de-identified summaries are used when meeting with the plans for performance reviews, which begin March 26.

Please refer to the Web site at www.umn.edu/usenate/committees/bac.html for the appropriate contact person for your plan.

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This publication/material is available in alternative formats upon request.

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