

Humana programs help providers with medication adherence measures

Humana recognizes the powerful influence that providers may have on their patients' medication adherence behaviors. With performance measure thresholds increasing each year, we also realize that medication adherence is a concern and area of focus for most providers. That is why health plans like Humana can play an important role in helping providers with messaging patients about the importance of adherence. Our programs and resources listed below may complement provider messaging to help reinforce the importance of medication adherence.

Patient medication adherence reminders

Humana may contact patients who might not be filling their medications on time to assist with refills or other barriers identified, at no additional cost. Educational materials may also be sent about the importance of adherence and potential recommendations to overcome barriers, if appropriate.

Partnering with providers

To help providers increase adherence, we suggest utilizing appropriate opportunities such as:

- **Prescribe 90-day supplies**
 - 90-day supplies for maintenance drugs may decrease the number of trips to the pharmacy.
 - Consider utilizing system reminders or pop-ups to add a 90-day supply reminder for next fills.
- **Assess adherence barrier**
 - Ask about adherence behaviors during each visit to identify and resolve patient-specific barriers.
- **Update prescriptions**
 - To prevent errors, provide the pharmacies with updated prescriptions if dosage changes occur.
- **Promote auto-fill programs**
 - Encourage patients to sign up for automatic refills so they won't have to remember to refill prescriptions.
- **Educate**
 - Providers may help influence patients' medication adherence behaviors by educating patients about their medication. Studies show improvement in adherence by providing information about:¹
 - Condition, treatment options and duration of therapy
 - Risks versus benefits of medication, importance of taking doses regularly and what to do if patients experience side effects
 - Another way to promote adherence is by informing patients about potential risks of nonadherence. For example, a recent Humana healthcare research study² revealed a correlation between medication adherence and newly diagnosed cognitive decline disorders. Compared to those who missed no measures, risk for newly diagnosed cognitive decline increased as follows:

# Missed Measures	Percent Increase of Risk		
	Any Cognitive Decline	Alzheimer's	Dementia
1	23%	27%	33%
2-3	37%	96%	58%
4+	64%	148%	105%

- Additionally, you can refer patients to [tips for taking your medications as directed](#).

The value of 90-day prescriptions

Humana data shows 88% to 89% of Medicare Advantage members who fill 90-day diabetes, hyperlipidemia or hypertension prescriptions are adherent to their medication regimens, **as compared to 73% of 30-day fillers.**¹

CenterWell™

CenterWell is a mail-order pharmacy that is an option for Humana members and may help them with adherence. Your patients have the sole discretion to choose their pharmacy. Other pharmacies are available in our network. Your Humana-covered patients should check their plan documents to verify their prescription benefits.

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*			

ACE – angiotensin-converting enzyme ARBs – angiotensin II receptor blockers

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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1. Understanding the role of educational interventions on medication adherence in hypertension: A systematic review and meta-analysis. Heart Lung. 2020 Sep-Oct; 49(5):537-547. doi: 10.1016/j.hrtlng.2020.02.039. Epub 2020 Feb. 29. PMID: 32127208.

2. Racska, Patrick N., et al., 2023, Association of medication adherence quality measures for diabetes, hypertension, and hyperlipidemia with cognitive decline, Journal of Family Medicine and Primary Care, last accessed March 8, 2024, doi: 10.4103/jfmpc.jfmpc_935_23

3. Based on data from the weekly deep dive dashboard with data through Dec. 31, 2023 managed by Pharmacy Analytics and Consulting, a division of Humana Pharmacy Solutions.

Tier utilized is applicable to 2024 Super National 5 MAPD formulary (Form ID: 24492, 24493, 24494, 24496, 24497) and is subject to change.

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