Pharmacist Care: Role of pharmacists in your wellness program
Employers and Pharmacy working together:

*Employee health and wellness partnerships*

- Align with Pharmacy Benefit - support the employees, employer, Medical Professionals and health plan.
  - Continuous access to Health Care Professionals.
  - Employee Health Fairs and Health Screenings.
    - On-site health and wellness programs, Educational Events.
  - Vaccination Support: on-site and in-store
  - Community Events: staffing, community pharmacy support, educational programs.
Health Care Providers

partner with Clinicians as an “asset to health care”

- **Shared vision:** patient care and wellness
  - Education, Behavior, Life Style Choices and Support mechanism
  - Medication Management: Medication Synchronization and Ready Refill
  - Disease Management Programs, Education and Support
  - Future planning: Health Care Ratings and Measures
STATE OF THE INDUSTRY

Leaky Bucket

The Leaky Bucket – What happens to every 100 new prescriptions

- 80-85% of prescriptions are not refilled as prescribed
- 70-75% of prescriptions are not taken properly
- 34-52% of prescriptions are not picked up from a pharmacy
- 30-50% of prescriptions are not relayed to a pharmacy
Industry Adherence Data

- Adherence rate ranges were averaged. Source: Various sources; A.T. Kearney analysis.
Improving Adherence

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Unmet Need</th>
</tr>
</thead>
<tbody>
<tr>
<td>59%</td>
<td>Need an easier &amp; quicker way to manage meds</td>
</tr>
<tr>
<td>53%</td>
<td>Forget to take meds at least once a month</td>
</tr>
<tr>
<td>50%</td>
<td>Need a more portable system for meds</td>
</tr>
<tr>
<td>43%</td>
<td>Worry about missing doses</td>
</tr>
<tr>
<td>31%</td>
<td>Keeping track of meds is challenging</td>
</tr>
<tr>
<td>29%</td>
<td>Feel stressed out because of so many meds</td>
</tr>
</tbody>
</table>
Committed to Healthy Outcomes

• Many Pharmacy’s offers the following services to help patients lead healthier lives:
  
  o Administration of recommended vaccines
  o Medication Therapy Management
    • Prevention, education, medication counseling
  o Ready Refill and Medication Synchronization
  o Blood pressure screenings
  o Chronic disease management
  o Direct-to-consumer programs
    • Seasonal focus: Allergy, Heart Health, Diabetes Months
  o Constant communication with Doctor(s) and Nurse(s) – to address Patient specific needs
Immunization Programs

The Health Care system recognizes and encourages vaccinations. See your Pharmacist for quick and easy updates to your vaccination needs.

- Vaccines anytime… just like your prescriptions and all your Pharmacy needs. Remember – Ask your Pharmacist!

Facts about FLU vaccination:

- Only 43% of the population is receiving their flu shot – YET THE FLU SHOT IS THE #1 RECOMMENDED PREVENTATIVE MEASURE BY THE CDC.
- In a typical year, influenza causes 200,000 hospitalizations, according to the NFID (National foundation of infectious disease)
- CDC expanded its recommendation of who should get the flu shot to include everyone 6 months old and older
Immunizations provided by Pharmacy

- Hepatitis A
- Hepatitis B
- Human papillomavirus
- Influenza and H1N1 (FLU)
- Measles, Mumps and Rubella
- Meningococcal
- Pneumococcal
- Tdap/Td
- Varicella
- Zoster (shingles)
Medication Therapy Management

- Assure patients use the right drugs appropriately to avoid adverse affects and improve outcomes.
- Intended outcome:
  - Optimization of the benefits of patients medication regimens
  - Increase in medication adherence
  - Reduce risk for adverse drug events & drug interactions
  - Provide tools and support for Disease Management – diabetes, etc.
Medication Therapy Management

- Medication Therapy Management or MTM was coined by Congress in the Medicare Modernization Act of 2003 to describe services by pharmacists that help consumers get the best results from medications through:
  - Enhanced consumer understanding of medications
  - Increased consumer adherence to medication directions
  - Prevention of drug complications, conflicts and interactions

- A safe and effective medication taken improperly, or in a bad combination, can be harmful or even disastrous. MTM prevents these complications and improves health care quality while reducing avoidable medical expenses.
Ready refill

Patients don’t have to remember to call in refills and we call to remind them that their medication is ready to be picked up.
Synchronized Prescription Refill Service

• Facilitates comprehensive and coordinated level of pharmacy care.
• Reduces potential for gaps in therapy
• Promotes improved medication adherence
• The health of these patients will improve, and unnecessary healthcare costs will decrease.
Medication Synchronization

- All prescriptions ready on the same day
- Appointment day. Pharmacist meets or calls to reviews all the patients medications
- Monitors medication changes due to doctor or hospital visits.
- Consultation and patient convenience of a single trip.
- More focused time with our patients to improve health outcomes
- Syncing Patient Medications helps all parties involved

- Patient
- Health Plans
- Physicians
- Pharmaceutical Companies
Thrifty White - Three Tiered Solution

- Ready Refill
- Medication Synchronization
- Adherence Packaging Solutions
Improving Adherence

Ready refill/MedSync + RxTimerCap

Benefits for patient:
- Increased peace of mind as to when medication was last taken
- Improved adherence leading to better healthcare outcomes
- Ability to identify potential diversion of high abuse meds by being able to identify last time bottle was opened.
- Facilitate better communication across multiple care givers
HealthyPackRx™

- Each packet is labeled with:
  - The patient’s name
  - Day, date, and time to be taken
  - The medication:
    - name and strength
    - manufacturer description
  - Rx #
  - Prescriber
  - Quantity of each medication in the packet
Talk to your Pharmacist:

- Medication Management.
- Patient Educational Materials.
- Chronic Disease State Information.
- Immunizations / FLU Shot....
- Other Health & Wellness Information.
- Collaboration with your Health Care Provider.
1200 EMPLOYEE OWNERS WORKING TO KEEP YOU HEALTHY!