

## 6 SIMPLE strategies to help increase medication adherence

Published: Sep 1, 2021 - Administrative

Did you know the cost Impact of medication non-adherence is \$528 billion from non-optimized medication therapy?<sup>1</sup> That's equivalent to 16% of U.S. total health expenditures and contributes to 275,689 deaths per year.<sup>2</sup>

As a healthcare provider, you can motivate your patients to adhere to their medication regimens, which can contribute to improved outcomes and increased STARS performance.

We developed [this video](#) to offer best practices in boosting medication adherence among your patient population.

Use the 6 SIMPLE strategies below to help improve medication adherence among your patient population.

### S - Simplify the regimen

- Limit the # of doses and frequency
- Encourage adherence aids such as a pill box
- Utilize generic prescriptions if clinically appropriate
- Implement real-time pharmacy benefit to understand patient cost-share at the point of care

### I - Impart knowledge

- Assess patient's knowledge of medication regimen
- Provide clear medication instructions (written and verbal)
- Patient-provider shared decision-making

### M - Modify patient beliefs and behavior

- Ask open ended questions about impact of not taking medications
- Empower patients to self-manage their condition

## P - Provide communication and trust

- Provide emotional support
- Allow adequate time for the patient to ask question

## L - Leave the bias

- Understand patient's health literacy and how it affects outcomes
- Develop a patient-centered communication styles

## E - Evaluate Adherence

- Utilize motivational interviewing to confirm adherence
- Review pharmacy refill records, Rx bottles, lab testing
- Identify barriers to adherence
- Determine interventions and follow-up
- When appropriate, prescribe 90 day fills for chronic conditions

Watch [this video](#) to learn more best practices on helping improve medication adherence and your organization's overall quality and STARS performance.

### References:

- 1 Lloyd J et al. How much does medication nonadherence cost the Medicare fee-for-service program? *Med Care*. 2019;00:1-7.
- 2 Watannabe JE et al. Cost of prescription drug-related morbidity and mortality. *Ann Pharmacother*. 2018;52(9):829-837. DOI: 10.1177/1060028018765159

1305-0921-PN-NV

**URL:** <https://providernews.anthem.com/nevada/article/6-simple-strategies-to-help-increase-medication-adherence-3>

### Featured In:

September 2021 Anthem Provider News - Nevada

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), which underwrites or administers the PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare or WCIC; CompCare Health Services Insurance Corporation (CompCare) underwrites or administers the HMO policies and Wisconsin Collaborative Insurance Company (WCIC) underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem

