Switching to 102-day supply can help with medication adherence

Security Health Medicare Advantage Part D (MA-PD) plan members have been able to get up to a 102-day supply at one time for most prescription drugs as of Jan. 1, 2022. The extended supply of medications can be filled at network retail pharmacies or via mail order pharmacy services. Switching a patient's prescription to a greater day supply has been shown to increase medication adherence.[1, 2]

Poor medication adherence can greatly increase morbidity and mortality, accounting for more than 125,000 deaths and 10% of all hospitalizations annually in the U.S.[3] By helping our members become more adherent, you can optimize health outcomes and the performance on medication adherence measures for patients on non-insulin diabetes medications, renin-angiotensin system antagonists (RASA), and statins. Based on the Centers for Medicare and Medicaid Services' (CMS) definition of proportion of days covered (PDC), patients will need at least 80% of their medications covered throughout the year to be considered adherent.

By utilizing a 102-day supply, patients will only need to fill their medications three times per year to be considered adherent, compared to needing to fill their medications four or more times per year using a 90-day supply or less. Patients who are using a 102-day supply will save money and avoid additional trips to the pharmacy, which is especially important for members with chronic conditions who should avoid crowded places during peak illness periods.

For additional information on obtaining an extended supply of prescription drugs for any Security Health Plan member, please call Security Health Plan Pharmacy Services at 1-877-873-5611 Monday through Friday from 8 a.m. to 5 p.m.

1. Taitel M, Fensterheim L, Kirkham H, Sekula R, Duncan I. Medication days' supply, adherence, wastage, and cost among chronic patients in Medicaid. Medicare Medicaid Res Rev. 2012; 2(3):mmrr.002.03.a04.
2. Rymer JA, Fonseca E, Bhandary DD, Kumar D, Khan ND, Wang TY. Difference in medication adherence between patients prescribed a 30-day versus 90-day supply after acute myocardial infarction. Journal of the American Heart Association. 2021; 10(1):e016215.
3. McGuire M, Iuga. Adherence and health care costs. RMHP. Published online February 2014:35.