Humana recognizes that medication adherence is everyone’s concern. While prescribers can have a powerful influence on their patients’ adherence, patients and their health plans also have important roles to play. Humana’s focus on medication adherence includes the following programs and resources.

**COMMUNICATION WITH YOUR PATIENTS**
Humana contacts your patients who are struggling with adherence and offers refill reminders and assistance along with adherence recommendations at no additional cost. We also mail educational materials to them regarding the importance of adherence and potential recommendations to overcome barriers.

**TEAMING UP WITH PHYSICIANS**
Physicians are finding the following practices to be helpful in improving adherence:

- Providing a 90-day prescription for maintenance drugs
- Conducting open discussions with patients to identify and resolve patient-specific adherence barriers
- Providing an updated prescription to the pharmacy if a patient’s medication dose has changed since the original prescription
- Reinforcing patients’ understanding of the role of diabetes, cholesterol and hypertension medications in their therapy and the expected duration of the therapy

Additionally, you can refer patients to [Humana.com/TakeMyMedicine](http://Humana.com/TakeMyMedicine) for adherence tips and tools.
THE VALUE OF 90-DAY PRESCRIPTIONS

An analysis of Humana claims shows 90 percent of Medicare Advantage members who fill 90-day prescriptions at a mail-order facility are adherent to their medication regimens, as compared to 83 percent of 90-day fillers at retail sites and 66 percent of 30-day fillers at retail.¹

HUMANA PHARMACY

Humana Pharmacy® is a mail-order pharmacy that is an option for Humana members and may help them with adherence:

- Humana Pharmacy 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 Humana Pharmacy.
- Humana Pharmacy 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 Humana Pharmacy, call 1-800-379-0092.


Tier utilized is applicable to 2018 Super National 5 MAPD formulary (Form ID: 18258) and is subject to change.

Humana recognizes that your patients have the sole discretion to choose their pharmacy and that you must use your independent medical judgment when advising patients about their pharmacy choices. Other pharmacies are available in our network. Your patients with a Humana plan should check their plan documents to verify their prescription benefits.