

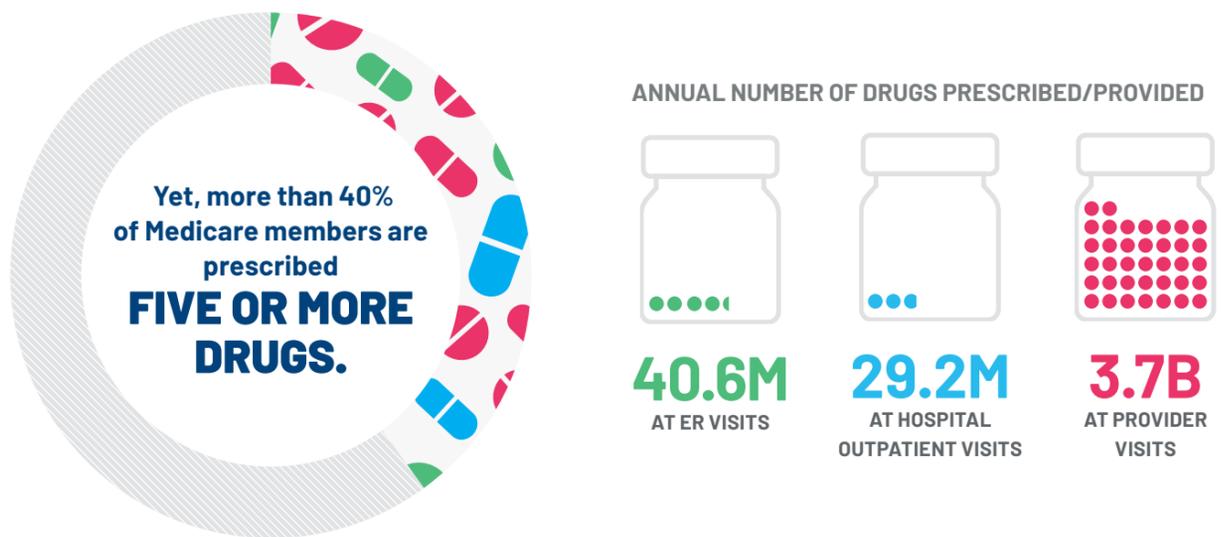
# BREAKING THE POLYPHARMACY CYCLE REQUIRES SIMPLER, STRONGER SOLUTIONS

## HOW MAPD PLANS CAN OPTIMIZE DEPRESCRIBING AND INTERDISCIPLINARY TEAMS

Despite some disagreement on the definition of “polypharmacy,” there is no doubt about the rise in the number of unnecessary drugs our Medicare population is prescribed (and suffers from) each year. RxAnte fights this with deprescribing – a highly effective intervention tactic which improves medication use measures for our clients – but at the industry-level, it’s not enough. We need simpler, stronger solutions. We need interdisciplinary teams. We need a systems approach.

### “NUMBER OF DRUGS” IS THE SINGLE BEST PREDICTOR OF HARM.

The more medications a person is on, the more likely they are to experience drug-related harm.



### CONSEQUENCES OF POLYPHARMACY



### PART OF POLYPHARMACY CAN BE SOLVED WITH A PRECISION TOOL: DEPRESCRIBING.

Deprescribing is a refined intervention tactic that benefits everyone involved – from members to health plans. When done right, it reduces costs and improves outcomes.



Deprescribing Cost Savings to Plans

**\$2M+**

PER BUSINESS LINE ON PROTON PUMP INHIBITORS (PPIs) ALONE



Deprescribing Cost Savings to Members

**\$4K+**

PER SENIOR MEMBER (VIA PHARMACIST-LED INTERVENTIONS)

### TO SOLVE POLYPHARMACY ENTIRELY, WE NEED A SYSTEMS APPROACH.

Deprescribing can only take us so far. We must establish a collective, centralized systems approach for medication optimization that ultimately leads to the ideal regimen for all members/patients.

#### IMPLICATIONS OF CARE COLLABORATION ON MEDICATION USE



#### CARE COSTS

Hospital-insurer alignment

lower care costs



#### MEDICATION NUMBER

Pharmacist-provider interventions

decrease in number of prescriptions



#### PRESCRIBING

Shared patient-physician decision making

more conservative prescriptions/care



#### MEDICATION COSTS

Provider-LTC interventions

medication cost reductions



#### DEPRESCRIBING

Interdisciplinary care teams with pharmacists

higher rates of deprescribing



#### REDUNDANCY

Improved health information exchange

reduction in redundant procedures

RxAnte

RxANTE: Improving the way medications are prescribed, taken, and paid for.

8.5M managed lives • National & regional health plan clients • 90% of RxAnte-managed contract measures improve YOY

Sources: CDC, NCBI, NLM, NIH, JAGS