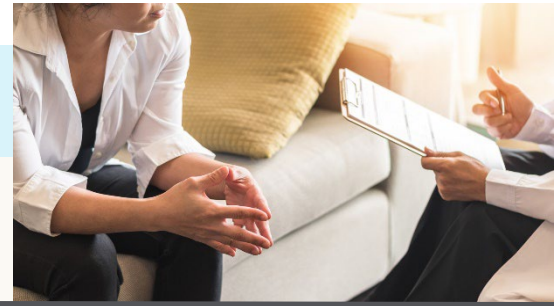


Focus on Medication Adherence

Medication Adherence is a Primary Determinant of Treatment Success



Guidelines for Major Depression and Schizophrenia*

Major Depression

- Encourage patients diagnosed with Major Depression, who are starting an antidepressant medication, to continue their prescribed medication(s) for **at least six (6) months**

Schizophrenia

- Encourage patients diagnosed with schizophrenia or schizoaffective disorder, who are starting an antipsychotic medication or remained on an antipsychotic medication, to continue their prescribed medication(s) for **at least 80% of their treatment period**

*Source: National Committee for Quality Assurance 2023 HEDIS® Specifications, see HEDIS® and Quality Measures at NCQA.org.

Strategies for Promoting Adherence to Antidepressants and Antipsychotics

- Encourage patients to actively engage in discussion about starting medication, their treatment plan, and expectations about symptom remission
- Review side effects and encourage patients to reach out if they have any questions or are considering stopping a medication
- Check-in regularly with patients to assess medication adherence
- Offer tips such as: take medication at the same time each day, use a pill box, and enroll in a pharmacy automatic refill program
- Consider using 90-day prescription or prescribing a long-acting injectable (LAI) medication, if appropriate
- Use screening tools throughout treatment to assess progress and need for treatment plan modifications

Resources

- More tools and information about behavioral health issues are available on providerexpress.com > Clinical Resources > [Clinical and Quality Measures Toolkit for Behavioral Providers](#).
- Patient education information is available on liveandworkwell.com > use access code "clinician"

Telemental health visits are an effective way to provide care. Visit our provider website at the following link for more information.

[Telemental Health Overview](#)

Nothing herein is intended to modify the Provider Agreement or otherwise dictate MH/SA services provided by a provider or otherwise diminish a provider's obligation to provide services to members in accordance with the applicable standard of care.

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