

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**(the time from first script fill to end of calendar year)

*Source: National Committee for Quality Assurance 2024 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, have missed a dose, 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 prescribing a [long-acting injectable \(LAI\) medication](#), if appropriate or using 90-day prescriptions
- 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 > [Behavioral Health Toolkit for Medical Providers](#)
- [Information about Long-Acting Injectables](#)
- Patient education information is available on [liveandworkwell.com](#) > use access code "clinician"

Refer to a Mental Health Professional

You can request coordination of care and referrals for patients by calling the number on the back of the patient's health plan ID card or searching [liveandworkwell.com](#).

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.