MEDICATION SYNCHRONIZATION

A BILLION DOLLAR SOLUTION TO IMPROVE HEALTH AND LOWER COSTS

THE PROBLEM: Medication adherence occurs when patients take their medications as prescribed by their health care providers. This can include taking prescriptions according to the specific dosage, time and frequency. A breakdown in any one of these elements has the potential to result in unanticipated side effects and complications. Despite this, studies show:

- **TWO-THIRDS** of all patients do not take their medications as prescribed.¹
- **MORE THAN 1 IN 5** new prescriptions go unfilled.²
- **HALF OF ALL ADULTS** with a chronic condition are likely to be nonadherent.³
- At least 125,000 Americans die annually due to poor medication adherence.⁴
- Poor medication adherence results in 33% to 69% of medication-related hospital admissions in the United States, at a cost of roughly $100 billion per year.⁶
- As adherence declines, ER visits increase by 17% and hospital stays rise by 10% among patients with diabetes, asthma, or gastric acid disorder.⁵
- Potential savings from improved adherence and better disease management are estimated to save nearly $300 billion annually, equating to 13% of health spending.⁷

THE SOLUTION: A growing body of evidence suggests that medication adherence programs have the potential to reduce health spending and, in the process, generate significant savings for taxpayers. Medication Synchronization is a promising intervention that offers an important opportunity for improving medication adherence and patient health. It works like this:

- For patients who receive multiple prescriptions, the program synchronizes fills to allow for one trip to the pharmacy per month.
- In advance of each fill, pharmacists contact patients to remind them and receive authorization for filling the medications, conduct medication reconciliation, and provide medication management services.

MEDICATION SYNCHRONIZATION PROGRAMS WERE ASSOCIATED WITH IMPROVED ADHERENCE AND REDUCED HOSPITALIZATIONS⁸, SAVING UP TO $42 BILLION A YEAR⁹.

WHAT CAN CONGRESS DO?

- Eliminate statutory and regulatory barriers to widespread adoption of these programs.
- Incentivize medication synchronization programs for Medicare beneficiaries taking multiple chronic drugs.


@adhere4health www.adhereforhealth.org