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 healthcare 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
- 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
- Potential savings from improved adherence and better disease management are estimated to save nearly $300 billion annually, equating to 13% of health spending. ⁷

EXPANDED ENROLLMENT IN MEDICATION SYNCHRONIZATION PROGRAMS CAN IMPROVE ADHERENCE AND REDUCE HOSPITALIZATIONS⁵, POTENTIALLY SAVING UP TO $42 BILLION A YEAR⁹.

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.

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.