

# Multidose packaging solution bolsters improved medication adherence

divvyDOSE, a full-service Optum® pharmacy, offers patients who are taking 5 plus medications per day a simple and convenient way to take their prescriptions, vitamins and/or supplements. Medications are sorted into packets by time, day and date and shipped in a box each month. Larger items such as ointments, lotions and/or inhalers are delivered at the same time.

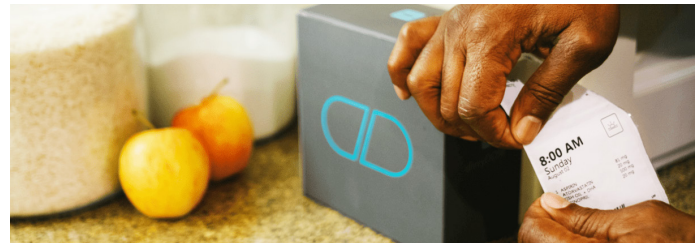
## Medication adherence benefits

Low medication adherence and increasing prescription costs continue to be an ongoing challenge. Prescription non-adherence accounts for up to **50% of treatment failures, nearly 125,000 deaths, and up to 25% of hospital stays each year in the U.S.**<sup>1</sup> With 1 in 4 seniors taking between 10-19 pills daily,<sup>2</sup> medication adherence can be key in improving clinical outcomes.

## Patient behavior and benefits

A recent Optum Rx study indicated patients with high blood pressure that used a multi-medication packaging solution, **obtained a 38.7% higher medication adherence.**<sup>3</sup> Multi-med packaging solutions also offer these patient benefits:

- **Personalized, pre-sorted medication** replaces counting pills and makes daily dosing easy while reducing potential patient errors when patients travel or are on the go.
- **Free home delivery and automatic refills** are convenient and cost effective.
- **Medication synchronization** overcomes barriers to adherence and reduces disruptions in therapy.



Optum research indicated patients with a **90%<sup>4</sup> adherence rate** reduced annual overall medical spend for some disorders as high as \$1,572.<sup>5</sup>

## Improving patient health outcomes

Multi-med packaging services help providers deliver high touch clinical care to:

- Medicare patients
- Chronic-care patients
- Patients taking 5 or more medications and/or using over-the-counter treatments per day.



Diabetes patients were **46.7% more adherent<sup>3</sup>** to their therapies when using a multi-med packaging pharmacy versus a retail pharmacy.

## Delivering complete care

By having highly complex medication therapies integrated into the patient workflow, providers have a more complete picture of the patient's medication routine. Providers can now see possible drug interactions, resolve insurance issues and identify gaps in therapy.

This multi-med service works with all major pharmacy benefits, including Optum Rx.



**Call the divvyDOSE team at 1-855-978-8533** to sign-up your patient for this multi-med packaging solution.



## In the Know: Multi-med solution

### The benefits

- Better clinical outcomes
- Higher patient adherence rates over retail pharmacies
- Free shipping and automatic refills
- Reduced patient costs and confusion
- Patient-doctor coordination provided
- divvyDOSE is a full-service Optum pharmacy

### Resources for providers

View [additional materials](#) regarding multi-med packaging.

### New request?

Call divvyDOSE: **1-855-978-8533**

### Quick Links

- [New Rx request form](#)
- [Refill request form](#)
- [divvyDOSE.com](#)

1. U.S. pharmacist. Medication adherence: The elephant in the room. <https://www.uspharmacist.com/article/medication-adherence-the-elephant-in-the-room> Published January 19, 2018. Assessed February 23, 2021.
2. IDC Survey. Payer and Provider Investment Plans for Medication Adherence. Last updated May 17, 2019.
3. Optum Rx. Optum Rx multidose packaging adherence study for Direct/Commercial. March 18, 2019.
4. Multi-Dose Packaging Study, internal analysis of paid claims from Jan. - Dec. 2018. Adherence is measured as PDC>80%.
5. Commercial health plan members with pharmacy and medical data sourced from Optum's de-identified Normative Health Information database (dNHI).



divvyDOSE is an Optum pharmacy.

Optum Rx specializes in the delivery, clinical management and affordability of prescription medications and consumer health products. We are an Optum™ company – a leading provider of integrated health services. Learn more at [optum.com](https://www.optum.com).

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