

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 prescriptions 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 > [Behavioral Health Toolkit for Medical Providers](#)
- 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.