



# Multi-meds solution bolsters improved medication adherence

## A personalized, high-touch experience with pre-sorted packaged medications

divvyDOSE, a full-service Optum® pharmacy, offers patients who are taking 7 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 study indicated patients with high blood pressure that used pre-sorted packaged medications, **obtained a 16.1% higher medication adherence over 30-day retail.**<sup>3</sup> This type of medication packaging also offers patients with complex medication regimens these 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.
- **Delivery to the home and automatic refills** are convenient and cost effective.
- **Medication synchronization** overcomes barriers to adherence, reduces multiple trips to the retail pharmacy and minimizes disruptions in therapy.



Optum research indicated patients across 3 therapeutic classes who used a multi-med solution had on average a **95% adherence rate.**<sup>3</sup>

## Improving patient health outcomes

divvyDOSE helps providers deliver a personalized, high-touch experience to:

- Medicare patients
- Chronic-care patients
- Patients taking 7 or more medications and/or using over-the-counter treatments per day.



Diabetes patients were **17.8% more adherent (over 30-day retail)**<sup>3</sup> to their therapies when using our multi-med solution packaging pharmacy versus a retail pharmacy.

## Delivering complete care

We are continuously driving to improve the pharmacy experience for both providers and patients. Our pharmacists' high-touch service allows providers better visibility of possible drug interactions, the ability to quickly resolve insurance issues and to identify gaps in therapy.

With divvyDOSE, highly complex medication therapies can now be more easily integrated into a patient's complex medication regime to support better health outcomes.

divvyDOSE is a full-service pharmacy. Additional items such as inhalers, ointments, and vials are included in the shipment with the pre-sorted medications. Compounding or alternative forms of drug compositions, including IV medications will be referred to either Optum Specialty and/or Optum Infusion to facilitate effective drug delivery.

divvyDOSE works with most major insurance plans. Contact our team at the number below for further information.



Call our team at **1-855-978-8533** to sign-up your patient for divvyDOSE, a multi-meds solution.



## In the Know: Multi-meds solution

### The benefits

- Better clinical outcomes
- Higher patient adherence rates over retail pharmacies
- Free standard 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](#)

### New request?

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

### Quick Links

- [New Rx request form](#)
- [Refill request form](#)
- [optum.com](https://www.optum.com)

1. U.S. pharmacist. 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 multidose packaging (MDP) adherence study across 3 therapeutic classes (diabetes, statins and hypertension) for Direct/Commercial, November 2022.



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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