

## HEDIS HINTS – MMA & AMR

- Medication Management for People With Asthma (MMA)
- Asthma Medication Ratio (AMR)

### **What are the Measures?**

These two measures focus on the population 5-64 years of age, during the measurement year who were identified as having persistent asthma.

MMA: Percentage of members dispensed appropriate asthma medication that they remained on during the treatment period. There are two rates reported:

- Percentage of members who remained on an asthma controller medication for at least 50% of their treatment period.
- Percentage of members who remained on an asthma controller medication for at least 75% of their treatment period.

AMR: Percentage of members that had a ratio of controller medications to total asthma medications of 0.50 or greater during the measurement year. (Refer pg. 2 medication table)

### **Why are these measures important?**

Asthma is a common chronic disease with a significant burden on patients and society. Improvement in asthma control is associated with improved health outcomes, and current asthma treatment guidelines emphasize reducing asthma impairment.

### **How can I improve my HEDIS scores?**

- Prescription is submitted and MCO receives the pharmacy claims for asthma controller and asthma reliever medications during the measurement year.
- Ensure proper coding of asthma. Avoid miscoding for asthma when symptoms are asthma-like but are related to other issues. i.e.: wheezing during viral URI and acute bronchitis
- Educate patients on the use of asthma medications and importance of using asthma controller medications daily.
- Prescribe a long term controller medication and provide reminders to your patients to fill controller medications.
- Refer patients to the health plan for care management and care coordination.

<b>Asthma Controller Medications</b>		
Antiasthmatic combinations	<ul style="list-style-type: none"> <li>• Dypheylline-guaifenesin</li> <li>• Guaifenesin-theophylline</li> </ul>	
Antibody inhibitors	<ul style="list-style-type: none"> <li>• Omalizumab</li> </ul>	
Anti-interleukin-5	<ul style="list-style-type: none"> <li>• Mepolizumab</li> </ul>	<ul style="list-style-type: none"> <li>• Reslizumab</li> </ul>
Inhaled steroid combinations	<ul style="list-style-type: none"> <li>• Budesonide-formoterol</li> <li>• Fluticasone-vilanterol</li> </ul>	<ul style="list-style-type: none"> <li>• Fluticasone-salmeterol</li> <li>• Mometasone-formoterol</li> </ul>
Leukotriene modifiers	<ul style="list-style-type: none"> <li>• Montelukast</li> <li>• Zafirlukast</li> </ul>	<ul style="list-style-type: none"> <li>• Zileuton</li> </ul>
Methylxanthines	<ul style="list-style-type: none"> <li>• Dypheylline</li> </ul>	<ul style="list-style-type: none"> <li>• Theophylline</li> </ul>
<b>Asthma Reliever Medications</b>		
Short-acting, inhaled beta-2 Agonists	<ul style="list-style-type: none"> <li>• Albuterol</li> </ul>	<ul style="list-style-type: none"> <li>• Levalbuterol</li> <li>• Pirbuterol</li> </ul>

Reference: National Committee for Quality Assurance. (2019). HEDIS 2019 Volume2 Technical Specifications for Health Plans Washington, DC 20005: American Medical Association. Pg. 119-127.