



KEY STATISTICS RELATED TO MED SYNC AND ADHERENCE

Med Sync

- 98% of consumers think it is more convenient to have prescriptions filled using medication synchronization services.¹
- 100% of consumers liked having pharmacists keep track of when to refill their prescription.¹
- 80% of consumers said they were more likely to take their medications when enrolled in medication synchronization services.¹
- 80% of consumers are more likely to take their medications after discussions with pharmacy staff through medication synchronization services.¹
- 100% of consumers who have used medication synchronization services would recommend it to family and friends.¹
- Consumers enrolled in medication synchronization services were 3 to 6 times more likely to adhere to their medication regimes than consumers who were not enrolled.²
- Key outcomes of med sync include improved medication use², improved pharmacy operations³, and improved patient satisfaction.⁴
- Overall, 63 percent of Americans aged 40+ with a chronic condition report that someone at their pharmacy knows them pretty well and connectedness with a pharmacy is the single strongest individual predictor of prescription medication adherence.⁵
- >50% improvement in adherence of med sync participants based on the number of medications.⁵
- Medication non-adherence for their first refill was reduced over 90% for patients participating in med sync.⁵

Adherence and Compliance

- 22% of people in the U.S. take three or more prescriptions per month.⁶ Based on the 2013 estimate of 316,000,000 population⁷, this means 69 million Americans are taking three or more prescriptions per month which most often come due on different days. This requires multiple trips to the pharmacy every month.
- For many patients, one of the biggest stumbling blocks to taking their medicines is the complexity of their regimen. Studies find that patients on once-daily regimens are much more likely to comply than patients who are required to take their medicine(s) multiple times each day.⁸
- Non-adherence can threaten patients' health individually as well as add vast costs to the health care system – an estimated \$290 billion annually⁹
- ...the most commonly mentioned reason is simply forgetting, cited by more than four in 10 as being a major reason.⁵
- About three-quarters of adults 40 and older with a chronic condition concede at least one non-adherent behavior in the past 12 months, and more than half report multiple forms of non-compliance.⁵
- 28% say they failed to refill a prescription medication in time.⁵
- 34% of respondents self-reported that they "ran out" as their reason for non-adherence.⁵
- 20% say they didn't fill a new prescription.⁵



- 1 Holdford, David and Saxena, Kunal. Appointment Based Model Data Analysis Report: Prepared for USA Drug. January 29, 2013.
- 2 Holdford, D, Inocencio, T. Appointment Based Model (ABM) Data Analysis Report. Virginia Commonwealth University School of Pharmacy, Jan 2013
- 3 Comments received from pharmacists using the ABM model, 2011, 2012
- 4 Patient Satisfaction Survey, July 2012. ABM patients surveyed during pharmacy visit. Full results available upon request
- 5 <http://www.ncpanet.org/pdf/survey/2014/ncpa-study-results.pdf>
- 6 CDC FastStats 2012 <http://www.cdc.gov/nchs/fastats/drugs.htm>
- 7 U.S. Census Bureau 2013 U.S. population estimate <http://quickfacts.census.gov/qfd/states/00000.html>
- 8 Claxton AJ, Cramer J, Pierce C. A Systematic Review of the Association Between Dose Regimens and Medication Compliance. Clin Ther. 2001; 23: 1296-1310.
- 9 "Thinking Outside The Pillbox: A System-wide Approach to Improving Patient Adherence for Chronic Disease." NEHI. 2009.