

Cedar Gate Data Analysis Reveals a 9% Uptick in Key 90-day Prescriptions

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Studies reveal large-scale correlation between 90-day prescriptions and medication adherence critical to managing chronic conditions and reducing costs

GREENWICH, Conn.--(BUSINESS WIRE)-- An analysis of prescription trends, based on anonymized data from **Cedar Gate Technologies** ' (Cedar Gate) 15-million-member-lives National Healthcare Benchmark Database, reveals a 9% increase in 90-day prescriptions for six medications used to manage chronic conditions.

Studies show that moving from 30-day to 90-day prescriptions markedly results in better adherence and outcomes for patients with chronic diseases, leading to fewer acute medical conditions and lower overall cost of care.

“Tracking the increase in 90-day prescriptions is an important metric to evaluate medication adherence and chronic condition management. Both are vital to success in value-based care programs,” said Ginger Pape, PharmD, and VP of Product Management at Cedar Gate. “The evidence supporting better outcomes with 90-day prescriptions is high. Our data is showing a move in the right direction.”

The largest increase in 90-day prescriptions is a 20% jump for aldosterone antagonists, a treatment for high blood pressure and heart failure. Cholesterol reducers, antihypertensives, and anticonvulsants all saw increases of more than 10% in the three-year timeframe.

Prescription Class	Used to Treat	2022 90-day Rx rate	2020 90-day Rx rate	Difference
Aldosterone Antagonists	High blood pressure, heart failure	50.15%	41.83%	+19.9%

Cholesterol Reducers	High cholesterol	42.68%	35.99%	+18.6%
Antihypertensives	High blood pressure	60.77%	53.19%	+14.3%
Anticonvulsants	Seizures	24.63%	22.32%	+10.4%
Antiarthritics	Arthritis	18.05%	16.80%	+7.4%
Diabetic Therapy	Diabetes	42.41%	41.47%	+2.3%

Cedar Gate's Healthcare Benchmark Database reveals a 7.5% increase in 90-day prescriptions dispensed across all medications from 2020 to 2022. However, when focused on the subset of chronic disease-related medication classes, 90-day prescriptions rose by 9% on average from 2020 to 2022.

"While the data on increases in 90-day prescriptions is promising for treating chronic conditions, it's just one piece of a larger puzzle that payers and providers can use for disease management," says Ryan Baker, PharmD and VP of Pharmacy at Premise Health.

"Adherence is more than a metric; it really is a behavior that requires constant support and follow up," said Baker. "Along with encouraging and tracking 90-day prescription refills when that is appropriate for a patient, there are a number of tools providers can use, such as screenings and questionnaires, to further improve adherence and outcomes."

"We should not assume that just because a patient got a refill, that means they are taking their medications as prescribed. Putting metrics and trends like this analysis from Cedar Gate in the hands of the provider, the pharmacist, and the rest of the care team supports their efforts to coach patients, and understand and address any barriers to taking their medications," he continued.

Cedar Gate's National Healthcare Benchmark Database provides critical insights into healthcare trends. Payers, providers, and self-funded employers use the database to benchmark performance, uncover trends within their own populations – both positive and negative – and identify actionable steps to improve care and outcomes. All of the information in the database is anonymized and thoroughly de-identified to protect patient privacy.

About Cedar Gate

Cedar Gate enables payers, providers, employers, and service administrators to excel at value-based care with a unified technology and services platform delivering analytics, care, and payment technology on a single data management foundation. From primary care attribution, to bundled payments, to capitation, Cedar Gate is improving clinical, financial, and operational outcomes for every payment model in all lines of business.

Gina Ford, Chief Marketing Officer

gina.ford@cedargate.com

Source: Cedar Gate Technologies