It’s no secret that consistent and ongoing use of prescription medication is essential in the effective treatment and management of chronic diseases. Patients who follow their medication regimens experience better health outcomes and use urgent care and inpatient hospital services less.

If only patients would comply. To the contrary, the American Medical Association reports that patients do not take their medications about 50% of the time, and most non-adherence is intentional. Patients fear potential side effects. Cost is a barrier. Many are concerned about becoming dependent. Others feel no different after taking a medication, so they stop taking it.

Catapult checkups now include a real-time import of filled prescription data for the previous 12 months. With a patient’s consent, filled prescription data from every major pharmacy benefit manager and most major pharmacies flow into Catapult’s clinical dashboard. Artificial intelligence is applied and a neatly organized view of actionable recommendations is presented.

These powerful tools enable Catapult Nurse Practitioners to quickly identify the absence or presence of needed medications, gaps in medication adherence, opportunities for moving to lower cost medications, and potential medication abuse – especially related to opioids.

**What’s the bottom line?** Multi-year cohort analyses of Catapult patients record significant improvements in medication compliance, lower overall medical claims and a flattened medical trend.