

## MEDICATION THERAPY MANAGEMENT

# ARE YOU FEELING YOUR BEST?

You've been chosen for the Medication Therapy Management program because you take multiple medications. You have a drug plan so there's no extra cost to you. But there are lots of valuable benefits.

### Work with a specialized licensed pharmacist to:

- Talk about how you're doing with your meds
- Find out about ways to manage side effects that bother you
- Look for ways to lower your costs



Make sure your meds are working as well as possible to keep you healthy, and feeling your best.

## HOW IT WORKS

- Someone will call you to make an appointment for a Comprehensive Medication Review (CMR)
- You'll meet over the phone with a specialized pharmacist
- The pharmacist will ask about all the medications you take — prescription, over-the-counter and supplements
- You'll have time to talk about any questions or concerns you have.
- Afterward, you'll get a **written summary** of what you talked about, and an **action plan** with specific suggestions
- With your permission, the pharmacist will help you work with your doctor on any changes that you discussed



### About the pharmacists

Medication Therapy Management pharmacists have focused training. They have extra knowledge about drug interactions, dosing and new medications.

## THREE THINGS TO KNOW

1. **You won't be forced to change your meds.** The purpose of a medication review is to make sure you have the best information about your medication choices. But the decision is still between you and your doctor to make any changes.
2. **It won't affect your prescription coverage.** Your prescriptions will still be covered, even if you choose not to make a change the pharmacist suggests.
3. **Meeting with a pharmacist for a medication review doesn't mean second-guessing your doctor.** Medications are changing all the time, and your doctor is busy keeping an eye on your whole health. Letting a qualified pharmacist do a thorough check-up of your meds helps your doctor help you.

## IMPORTANT



Your health is important to us and we hope you'll take advantage of in this program. That's why we'll follow-up with reminders to help you schedule your visit. If you don't want to participate, please let us know. You can call Blue Cross and Blue Shield of Minnesota at **1-866-873-5941** (TTY **711**) at any time with questions or to remove yourself from the program. It's your choice, and it won't affect your drug coverage under Medicare.