

MEDICATION THERAPY MANAGEMENT



HELP TO MANAGE YOUR MEDICATIONS

If you take several medications, you may wonder how they're working together. If your medications are causing side effects, you may want to know if they are normal or could be reduced or eliminated.

You have a dedicated resource to help. With medication therapy management (MTM), you can work with a specially trained pharmacist and be more involved in your medication therapy decisions, which could result in improved health outcomes plus savings on medication copays.

HOW IT WORKS

You and your enrolled dependents are eligible to participate in the MTM program if:

- You take four or more UPlan-covered prescriptions and over-the-counter medications for chronic conditions.
- You have diabetes, regardless of how many medications you take.
- You have a letter of referral for MTM services from your physician.

Meet one-on-one with a specially trained pharmacist to:

- Complete a comprehensive health assessment
- Review all of your medications, including prescription, over-the-counter and herbal medicines
- Evaluate how well each drug is working
- Answer your questions about your medications
- Discuss tips on how and when to take each medication
- Develop a medication therapy treatment plan that you can share with your primary care provider

By doing this review, the pharmacist can identify, resolve, and prevent medication-related problems. This service is part of your UPlan medical plan and is available at no cost to most UPlan members. For UPlan members on the HSA plan, your deductible and coinsurance will apply, and you will pay the cost of the consultations and your prescription medications. You can choose to use your HSA account to cover some of the costs.

How to Schedule an Appointment with an MTM Pharmacist

MTM pharmacists are based out of clinics or community pharmacies. The clinic or pharmacy does not need to be your regular medical plan clinic or the pharmacy where you have prescriptions filled. Find an MTM pharmacist at z.umn.edu/pharmacyMTM.

How to Learn More About MTM Services

To learn more about MTM services, visit z.umn.edu/pharmacyMTM through Dec. 31, 2020.

Beginning Jan. 1, 2021, Medica will administer this program which will be called the Premier MTM Network through Medica. Your MTM services will remain the same. After Jan. 1, call Medica Customer Service at **1 (952) 992-1814** and **1 (877) 252-5558** with questions or to find an MTM pharmacist.

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