



MTM: Medication Therapy Management

What is MTM: Medication Therapy Management?

Medication Therapy Management is a service provided by a Pharmacist that helps Patients optimize safe and effective medication use.

What are the benefits of MTM for the Patient?

Many medications (over-the-counter, prescription, herbals) can interact with each other, have potential side effects, and can be expensive. MTM services allow the Patient to have one-on-one time with a registered Pharmacist to identify and resolve some of these potential problems. This service also empowers Patients to take an active role in their own healthcare management through education and informational handouts.

What are the goals for MTM services?

The ultimate goal of MTM is to ensure safe and effective medication use for the patient through communication with the Physician, Pharmacist, Patient, and other healthcare professionals. Another goal is to promote medication self-management by providing knowledge about certain medications, disease states, herbal or nutritional products, and over-the-counter medications.

Who can benefit from MTM services?

Any Patient currently using medications can benefit from these services. Individuals that could potentially benefit the most would include those that:

- Have recently changed medications therapy.
- Have multiple medications required for multiple conditions, ie. Diabetes, Asthma, Heart Disease.
- Would like to reduce their medication costs.
- Would like to learn more about their health and why they are taking certain medications.

Most common questions Patients ask about MTM:

1. **Does it require much of my (Patient) time?**

Answer: The time involved will vary from Patient to Patient depending on how many medications a Patient may be taking. On average the initial visit requires about one hour. If follow-up visits are needed, these are approximately half an hour.

2. **What am I (Patient) required to do?**

Answer: The Patient should bring a complete list of medications and how they are using each of them to the appointment. Prescription bottles are okay. The Patient might also want to bring any recent lab values from their Physician such as blood pressure, weight, cholesterol and glucose levels.

3. **Do I (Patient) have to participate in MTM services?**

Answer: This service is completely optional for patients for Patients who feel that they need some extra help managing their medications.

4. **Do I (Patient) have to miss any work?**

Answer: No, a Pharmacist will be willing to set up an appointment time taking into

consideration the Patient's needs and schedule.

5. **What will my (Patient's) primary Physician think?**

Answer: MTM is a new program that every healthcare practitioner is still adjusting to, but the overall response from Physicians has been positive. These services are not meant to substitute a Physician's expertise and clinical knowledge. This program is to review medications with a Patient to optimize healthcare outcomes. If the Pharmacist has any suggestions or interventions they believe will benefit the Patient, he/she will correspond with the Patient's Physician upon request. Ultimately any changes to a Patient's medications will be made by his/her Physician.

6. **Does my (Patient's) health insurance pay for MTM services?**

Answer: As a profession, Pharmacists are working closely with health insurance companies, but not all insurances cover these services. As a Patient, you could call your insurance company and ask if they cover this program.

7. **How much does MTM services cost?**

Answer: The rate generally varies depending on insurance coverage, initial time required, and follow-up visits needed. Issues concerning cost of this service can be addressed with a Pharmacist.

For Appointment Information: Please call [Choice Family Pharmacy](#) at **(717) 630-2000**.