

# MTM Talking Points

## What is Medication Therapy Management?

- Medication Therapy Management is a medication check-up service provided by pharmacists.
- During this service, the pharmacist meets with a patient one-on-one, by appointment, to review all of their medications, including:
  - Prescription medications
  - Over-the-counter medications
  - Herbal products
  - Dietary supplements
- Many prescription drug plans cover the cost of a medication check-up appointment.
  - Every Medicare drug plan offers MTM at no cost to the patient!

## What does the pharmacist provide during MTM?

- Pharmacists are the medication experts and can help patients get the most out of their medicines. They can:
  - Help patients understand how the medications help manage health conditions.
  - Answer any questions about their medications.
  - Focus on what's really important about the patient's medications.
  - Make sure medications are taken safely.
  - Help organize medications and prepare questions to ask other health care providers.
  - Check to see if patients are having any problems with their medications and work with other health care providers to help solve these problems.
  - Help patients keep track of any issues they have had with medications in the past.
  - Help make a complete list of the patient's medications to share with other health care providers.

## What are the benefits of Medication Therapy Management?

- Studies have found that people who meet with their pharmacists to manage their medications:
  - Save money on their medications and have lower health care costs.
  - Have fewer trips to the emergency department and the hospital.
  - Experience fewer side effects or interactions related to medications.
  - Have a better understanding of how to take their medications.
  - See improved management of health conditions such as diabetes, asthma, high blood pressure, high cholesterol, and more.

## Who should ask for this service?

- Anyone who uses prescription medications, over-the-counter medications, herbal products, or other dietary supplements may be helped by a medication check-up.
- Medication Therapy Management can be exceptionally valuable for anyone who:
  - Uses several medications
  - Has many different (or even just one serious) health condition(s)
  - Has been hospitalized recently
  - Wants to reduce their out-of-pocket medication costs
  - Gets their medications from more than one place
- Patients should schedule a meeting with their pharmacist before their next doctor's check-up appointment, so they can discuss what they've learned together!

## Patient Discussion Pearls

"Have a medication check-up"

"Your insurance may cover it at **no cost to you**"

"Pharmacists are the medication experts"

"**Focus on what's really important** about your medications to you"

"**Get the most out of** your medicines"

"Make sure medications are taken **safely**"

"Work with you and your **doctors**"

"**Save money** on your medications"

"**Identify interactions and reduce side effects**"

"Reduce your risk of **hospitalization**"

"Improve **blood pressure, cholesterol, and blood sugar control, and more**"

"Right for you if you use **several medications**, have **different conditions**, just **got out of the hospital**, or want to **reduce out-of-pocket costs**"

## References

<https://www.medicare.gov/part-d/coverage/medication-therapy-management/medication-therapy-programs.html>

[http://www.pharmacist.com/sites/default/files/files/Get%20your%20Medication%20Check-Up%20-%20eng\\_0.pdf](http://www.pharmacist.com/sites/default/files/files/Get%20your%20Medication%20Check-Up%20-%20eng_0.pdf)