

February 2012 is Medication Therapy Management Month



At the State Employees' Insurance Board (SEIB)
Wellness Center and Pharmacy

Who can benefit from MTM

- Anyone who takes more than one medication
 - Including prescription, non-prescription, and herbal medications
- Those who have several health conditions
- Those who receive medications from more than one pharmacy
 - Mail order and local pharmacy
 - Multiple local pharmacies
- Those who have questions about their medication(s) or health condition(s)
- Those who take medications that require close monitoring
- Anyone who wants to be more knowledgeable about their medication(s) or health condition(s)
- Anyone who wants to be actively involved in managing their health

Wellness Center Hours:

Monday-Wednesday, Friday
8:00 am to 5:00 pm
Thursday
9:00 am to 5:00 pm

(334) 263-8470



Pharmacy Hours:

Monday-Wednesday, Friday
7:30 am to 5:30 pm
Thursday
9:00 am to 5:30 pm

(334) 263-8460

We can help you become more involved in your treatment and a more knowledgeable patient. Let us educate you on your medications and help you monitor your health conditions more closely. Call today to set up your FREE visit with a pharmacist here at the State Wellness Center.

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

NOTE: Only Group 13000 members may purchase **prescription** drugs.

*The SEIB Pharmacy offers **FREE NEXT DAY*** delivery for your prescriptions! *Requests must be received by **3 pm**.*

*Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.*

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

334-263-8460

rx@alseib.org

www.alseib.org

What is Medication Therapy Management (MTM)?

Medication Therapy Management is a term that is used to describe a range of services provided by pharmacists such as medication reviews, management of health conditions, medication consults, and wellness screenings. The goal of medication therapy management is to improve overall health through increased patient knowledge and close monitoring of drug therapy.

What are the benefits of MTM services?

Medication associated healthcare problems are a big issue in the United States. About 1.5 million preventable adverse events occur each year due to medications which equals about \$177 billion in preventable costs. Here at the SEIB we can help lower these costs and decrease hospital visits due to adverse events and chronic conditions by closely managing drug therapy, assessing possible interactions, and closely monitoring health conditions. Closer monitoring of conditions and medications can improve patient health and decrease costs associated with doctor or hospital visits.

What to expect at a MTM visit

During a typical MTM visit, you can expect your pharmacist to ask you questions about how you take your medications and about any adverse effects you are having or have recently been experiencing. The pharmacist may also inquire about your past medical history to get a better understanding of your overall conditions. The more information you provide the pharmacist, the better the quality of care you will get. A typical MTM visit could take anywhere from 15 minutes to an hour depending on the number of medications you are on and the issues you are having. Once the pharmacist has determined an appropriate course of action, he/she will inform you of the recommendations and then contact your doctor to recommend possible changes. Changes to your medication regimen may be recommended to improve the benefit you get from taking medication, to eliminate unpleasant or unwanted side effects of your medication, or to save you money.

What other services are offered at the State Wellness Center?

Specific services offered by your State Wellness Center include:

- Wellness screenings
- Smoking cessation counseling
- Various vaccinations including Pneumococcal (PPSV), Tdap and Influenza (TIV)
- Medication injection administration
- Weight loss counseling
- Chronic disease state management (high blood pressure, diabetes, and high cholesterol management)

How do I participate in MTM?

Contact the State Wellness Center at one of the following telephone numbers to set up a visit:
(334) 263-8470 or (877) 311-1375