

June's Topic: MTM services

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HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

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PHARMACY HOURS:

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

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Medication Therapy Management (MTM)

What is MTM?^{1,2}

Medication Therapy Management, also known as MTM, is a term used to describe a wide variety of services provided by pharmacists with the goal of improving overall patient health and reducing costs. Services may include programs targeting medication use, education about your medical conditions, health and wellness consultations, and immunization services.



Picture source: <http://pharmacist.com/medication-therapy-management-services>

What to bring to your MTM appointment:

- A list of any questions you want to ask the pharmacist
- Prescription medications
- Over-the-counter medications
- Herbal or dietary supplements
- Any health logs or journals you may keep:
 - Blood pressure
 - Blood sugar
 - Food journal
 - Exercise log

What MTM services are provided by the State Wellness Center pharmacists?³

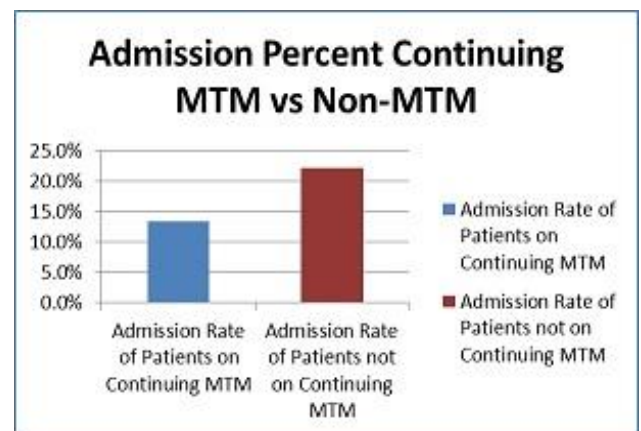
- **Diabetes and You:** one-on-one appointments and education classes to create and manage a diabetes care plan personalized to your needs.
- **Medication Review and Consultation:** one-on-one appointments to review and discuss your medications, and how to get the most benefit from taking them.
- **Tobacco Cessation:** work with a pharmacist to create and complete a plan tailored to your needs and preferences to become tobacco-free.
- **Healthy Habits:** one-on-one counseling to help you reach your weight management goals through a personalized nutrition and exercise plan, and implementation of other healthy habits.
- **Disease Management Education:** get advice on how to properly manage your medical conditions through lifestyle modifications, optimal medication use, and other therapies.
- **Anticoagulation Medication Management:** provide monitoring services (example: INR checks), and receive guidance on how to safely take your prescribed “blood thinners,” such as Coumadin® (warfarin).
- **Specialty Medication Clinic:** receive advice and demonstrations on how to properly take your specialty medication (example: Humira®; Enbrel®; Repatha®).
- **Immunization services:** get up to date on your flu, tetanus, shingles, pneumonia, meningitis, and HPV vaccinations.

Interested in participating in any of our programs? [Register Here!](#)

MTM and You

Why should you participate in our MTM services?^{1,4,5}

Pharmacists are the drug experts and the most trusted health care professional, second only to nurses. By looking over your medications and talking with you about your medical conditions, pharmacists can help determine how well your medications are working, whether you are experiencing side effects from your medications, and if there are any interactions between medications or dietary supplements you are taking. They can even find ways to save you money by identifying more cost-effective treatments for you. MTM has been proven to decrease hospital admission rates and to save you money on your health care expenses overall.



Picture source:

<http://www.pccare.com/Portals/0/xNews/uploads/2013/7/18/Graph%205%20MTM.jpg>

Why should you make an MTM appointment?

While you may certainly ask your pharmacist questions at any time, an appointment allows for one-on-one meetings where you will have your pharmacist's undivided attention, and there will be plenty of time for a complete review of all your medications and medical conditions. Scheduled meetings not only allow you to ask any questions that you may have, but also will provide your pharmacist a chance to ask any questions that he or she may have to help better individualize a healthcare plan specific to your needs.

What to expect at your appointment

An individualized plan specific to your needs!^{3,5}

- First, the pharmacist will ask you some questions to better understand how you take your medications and how your lifestyle may be affecting your medical condition.
- Using the information obtained through these questions, the pharmacist will identify any areas for improvement or changes that could benefit you.
- Finally, the pharmacist will work with you to create a plan tailored to **your** specific healthcare needs and preferences.



Picture source: http://www.outcomesmtm.com/filesimages/slides/slide-RotatingBanner_02.jpg

References:

1. APhA: MTM Central. (2017). Retrieved May 19, 2017, from <https://www.pharmacist.com/mtm>
2. APhA: Engaging Patients in MTM. (2017, January 03). Retrieved May 22, 2017, from <https://www.pharmacist.com/sites/default/files/Tips-for-Engaging-Patients-in-MTM.pdf>
3. SEIB State Wellness Center: Free Health and Prevention Services. (2017). Retrieved May 19, 2017, from <http://www.alseib.org/healthinsurance/swc/FreeHealthAndPreventionServices.aspx#L2>
4. Medication Therapy Management programs for complex health needs. Retrieved May 18, 2017, from <https://www.medicare.gov/part-d/coverage/medication-therapy-management/medication-therapy-programs.html>.
5. Medication Therapy Management (MTM). (April 2016). Retrieved May 18, 2017, from <https://www.nd.gov/dhs/services/medicalserv/medicaid/docs/pharmacy/medication-therapy-management-provider-manual.pdf>.



www.alseib.org

Please let us know how we are doing by filling out a survey at the following link:

https://auburn.qualtrics.com/SE/?SID=SV_3DXRXyUp8KC7Lzn

**CALL FOR AN
APPOINTMENT
TODAY!**

(334) 263-8470

State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees, covered spouses of active employees, non-Medicare retirees and covered non-Medicare spouses of retirees that use the State Employees' Health Insurance Plan (Group 13000) as their primary insurance plan are eligible for a wellness premium discount. Each wellness plan year is November 1 through October 31.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management