

## **Medication Therapy Management Program ( MTMP)**

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The Medication Therapy Management Program is offered by your Prescription Drug Plan. The program lets you talk to a pharmacist and nurse about your medicines. MTMP can help you get the most from your medicines. Each member is enrolled in MTM if they meet the following criteria:

1. Have three or more chronic conditions, AND
2. Have six or more prescriptions, AND
3. Spend more than \$3,000/year on medicines.

Chronic conditions included in the MTMP:

Asthma  
Chronic Obstructive Pulmonary Disease (COPD)  
Depression  
Diabetes  
High Blood Pressure  
Heart Failure  
High Cholesterol  
Osteoarthritis  
Osteoporosis

MTMP pharmacists and nurses can answer your questions about prescription medicines and over-the-counter products. MTMP services include:

- Help in understanding how your medicines work
- Education on side effects from your medicines
- A review of your medicines
- Personalized Medicine List
- Educational Materials

It's easy to get started. If you meet the criteria above, you will be enrolled and will be sent a questionnaire. Just complete and return the questionnaire to receive more interactive services from MTMP. You can also call the phone number on the back of your member ID card. Ask to speak to someone about the MTMP. We hope you will participate. Members tell us they value this personal service.