

# Medication Therapy Management

## Feel confident taking your medicine.

Medication Therapy Management is a one-on-one visit with a pharmacist to manage your medicines. Together, you'll take a deep look at the medicines you're taking. This will make sure they're working the best they can and fitting your lifestyle. You'll leave knowing:

- You're taking the right medicines to achieve your best health
- How to avoid problems, like side effects and interactions
- Ways to make your medicine better fit your lifestyle
- Ideas to cut costs on prescriptions

## Flexible and no cost to you

This program is available at no cost to you as part of your health plan. Visits can be done by phone or in-person.

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Visit [healthpartners.com/mtinfo](https://healthpartners.com/mtinfo) to learn more and schedule an appointment.



## **Be safe.**

When it comes to your medicines, it's surprising what can put your safety at risk. Our pharmacists make sure your medicines are safe to take with each other. And they'll help you understand the risks.

## **Feel good.**

Medicines can help you reach your best health. But, sometimes you might not like all the side effects. Whether this means changing your dosage or switching when you take your medicine, we work with you and your doctor to find the best combination.

## **Save money.**

Our pharmacists may be able to help save you money by finding a generic option or working with your doctor to get you off a medicine. Their goal is to lower your out-of-pocket costs.

## **Hand-in-hand with your doctor**

You trust your doctors and your health care team to diagnose and treat conditions. Your MTM pharmacist knows that's important to you. As a part of that team, your pharmacist is focused on your medicines and understanding what's best for you. You'll get the attention you need to feel confident about your care.

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**85 percent of participants said the program was "completely" worth their time**

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