

Medication Therapy Management Program

Medication Therapy Management (MTM) is a program for members with complex medical conditions. The program helps you to safely manage your medications.

If you have at least three (3) chronic conditions and take at least eight (8) long-term drugs that cost more than \$4,376 per year, you may be eligible. The program is not considered a benefit and is free to all members. You're not required to participate, but we encourage you to.

If you qualify for the program, we'll send you a letter with more information about the program. If you join, a pharmacist will meet with you to go over all your prescription drugs and give you a Comprehensive Medication Review (CMR). The pharmacist will look at how your medications work together and may suggest ways to make it easier for you to take them. You'll get a Personal Medication List (PML) with instructions you can share with your doctors and caregivers. The appointment should last about 20 minutes.

As part of the CMR, the pharmacist may also help you with specific drug-related issues, called a Targeted Medication Review (TMR). The TMR will identify any drug therapy issues and may recommend alternatives to your provider. If you're unable to travel to a pharmacy, contact Member Services to schedule a telephone medication review with a pharmacist.

MTM pharmacists work with Senior Whole Health of New York NHC to provide this service. You can ask your pharmacist if they are an MTM pharmacist. If your pharmacy doesn't participate or you want to speak to another pharmacist, please call Member Services at 1-877-353-0185 (TTY 711) from 8 a.m. to 8 p.m., Monday through Friday (from October 1 – March 31, 7 days a week). If you choose another pharmacy for this service, you can continue to fill your prescriptions at the pharmacy you currently use.

***Qualifying chronic conditions include:** Alzheimer's, arthritis, chronic heart failure (CHF), diabetes and chronic obstructive pulmonary disease (COPD).