

## **Medication Therapy Management**

A medication check-up is a service provided by pharmacists. This service is sometimes called medication therapy management or MTM.

Medication check-ups can provide real benefits! Studies have found that people who meet with their pharmacists to manage their medications have:

- Lower health care costs
- Fewer trips to the emergency room
- Fewer hospitalizations
- Fewer problems caused by medications
- A better understanding of how to take their medications
- Better management of health conditions such as diabetes, asthma, high blood pressure, high cholesterol, heart disease, depression and blood clots

With this service, your pharmacist will meet with you one-on-one, by appointment, to review all of your medications including:

- Prescription medications
- Over-the-counter medications
- Herbal Products
- Dietary Supplements

As part of this review your pharmacist can:

- Provide you with education on how your medications help you to manage your health conditions
- Answer your questions you have about your medications
- Help you organize your medications and prepare questions to ask your other health care providers
- Help you make a complete list of all your medications that you can share with other health care providers

Find out how to better manage health conditions such as diabetes, asthma, high blood pressure and high cholesterol and even save money.

Contact us at 301-790-9281 for more information on this program.