



Medication Therapy Management Program

City of Fort Smith has recently added a new pharmacy benefit at no cost to you, for covered employees and their covered family members, who would qualify for this service.

- The new benefit is called Medication Therapy Management (MTM).
- To qualify for this service a member is identified as having 2 of the following medical conditions – diabetes, hypertension, congestive heart failure, chronic obstructive pulmonary disease, asthma, dyslipidemia or depression and is taking 2 maintenance medications (chronic medications).
- Members who qualify for MTM will receive a letter in the mail explaining this service.
- This service is provided in most cases, by your pharmacist. If your pharmacist does not offer this service, you will be contacted via phone by a pharmacist from our Medication Therapy Management Call Center.
- The pharmacist will schedule a meeting with you or your covered family member to:
 - 1) go over all your medications
 - 2) discuss any medication related problems you may be having
 - 3) make sure you understand how to take your medications to get the most benefit from them
 - 4) insure you are reaching your health goals
- After your appointment the pharmacist will give you or mail you a complete list of your medications and an action plan for follow-up.
- You may then qualify for up to **3 quarterly follow-up visits**.

Why should you meet with the pharmacist when they call you?

- Better control of your chronic health conditions
- Better understanding of your medications
- Better understanding of your health conditions
- Fewer days of missed work due to uncontrolled health conditions
- Fewer days of going to work not feeling well
- Quality time with a pharmacist to answer health related questions
- Fewer visits to the hospital and ER, reduced healthcare cost
- Overall healthier and happier
- Better Quality of Life