



*Your  
pharmacist  
can help*

## OVERWHELMED BY YOUR MEDICINE CABINET?

Many patients feel overwhelmed by managing diabetes and the concerns they have about how diabetes may affect several areas of their body, including eyes, kidneys, feet, blood vessels, and nerves.

Pharmacists understand that managing diabetes can be complicated, and they are the ideal partners to help you understand the best way to take your medications to get the best possible results. Many people who have diabetes, also have to take medications for other chronic conditions. Your pharmacist can help you to understand how all of these medications work together, help you prevent problems with drug interactions, and help you identify strategies to minimize side-effects from the drugs your doctor prescribed.

Pharmacists can also help you identify the preventative care measures you should take to stay as healthy as possible. Things like flu shots, annual eye exams, and appropriate podiatrist care are small measures you can take to prevent much bigger problems in the future.

*Why wait? Schedule an appointment today to take advantage of all your pharmacist has to offer you.*



In cooperation with the Minnesota Pharmacists Association



*Will these medications  
control my diabetes?*

**MEDICATION THERAPY  
MANAGEMENT SERVICES**  
CAN HELP

*Spend  
less time  
worrying  
about your  
medications*



*and more  
time with  
those you  
love*

## WHAT IS MEDICATION THERAPY MANAGEMENT?

Medication Therapy Management (MTM) is a service provided by an experienced pharmacist that goes beyond traditional medication consultation. These confidential appointments provide in-depth one-on-one review of all of your medications (prescription, over-the-counter, herbal and nutritional) to ensure that your current drug therapy is both safe and effective.

During this time with your pharmacist, any questions that you have about your medications can be answered.

*The goal is to help you get the most  
from your medications.*

## WHO CAN SCHEDULE AN APPOINTMENT FOR THIS SERVICE?

Medication Therapy Management is available to anyone who is concerned about their own or a loved ones medication usage.

These meetings are held in a private area, and may take 30 minutes or longer. You are welcome to have a caregiver, or someone who is a part of your medication routine accompany you.

## WHY IS MTM IMPORTANT FOR ME?

Managing your health becomes more difficult if you are taking more than one kind of medication.

### YOU MAY ASK:

- Why am I taking these medications?
- Are my medications working the way they should?
- Can I do anything about the side effects?
- Am I taking them in the right order and at the right time of day?
- Are my medications interacting with each other?
- Are all my medications really making me feel better?
- How are my medications affecting my blood pressure, cholesterol and blood sugar?
- How do I download my glucometer?
- Which numbers are important for me to write down?
- What other things can I do to help control my diabetes?

*Are you  
taking your  
medications  
at the right  
time?*



## GETTING THE MOST FROM YOUR MEDICATION

Your MTM Pharmacist will review your health status and treatment plan. This will ensure your pharmacist can help make sure that:

- You are taking only the medications you need.
- You are taking the correct amount of medicine at the right time.
- Your medications are not interacting with each other.
- Any vitamins, supplements or over-the-counter drugs you are taking are safe and effective.
- You are not spending more than you need to for your medications.

## CAN I AFFORD MTM SERVICE?

Medication Therapy Management is an affordable service available to everyone, and in some cases is provided at no charge through certain health benefit plans. MTM is a covered service under Medicare and some state Medicaid programs.

MTM service provided by your pharmacist can help you avoid serious drug interactions and over medication - preventing hospital admissions and in extreme cases, even death. If your insurance provider does not cover this service, demand that it is added.

*If you have any questions about MTM services or coverage,  
please ask your pharmacist.*