

## Did You Know?



## How can I make an appointment?



- For every \$1.00 spent on medication an additional \$1.30 is spent managing drug therapy problems.
- The estimated cost to manage medication-related problems in 2000 was \$177 billion.
- Prescription spending in the U.S. has grown by an average annual rate of 11-15% over the past five years. In 2005, it reached \$252 billion.

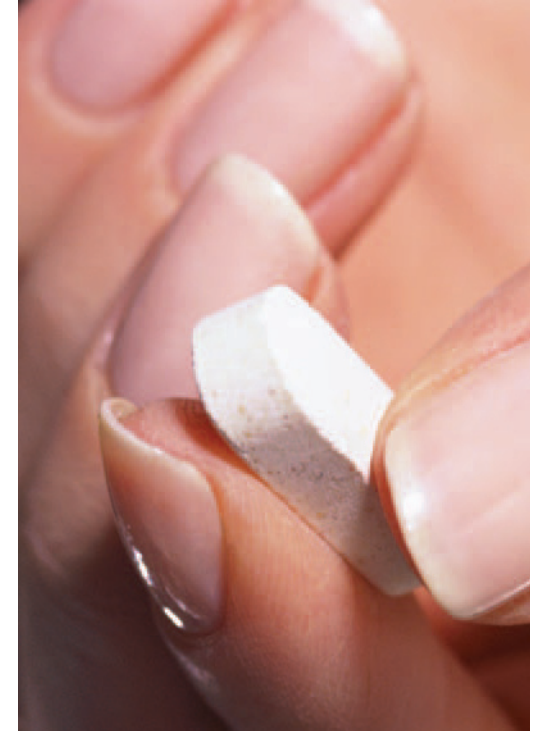
To learn more about these services or to set up an appointment, please call Saint Elizabeth's Pharmacy at (651) 565-5527.



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*"Helping you feel better, improve your health and experience the best results possible."*

# Medication Therapy Management



Saint Elizabeth's Medical Center  
MINISTRY HEALTH CARE

*In partnership with Wabasha Clinic-part of  
Lake City Medical Center-Mayo Health System*

## What is Medication Therapy Management (MTM)?



Saint Elizabeth's Medical Center is pleased to offer a Medication Therapy Management (MTM) program, provided by specially trained pharmacists, to help you get the most from your medications. The pharmacists at Saint Elizabeth's Medical Center work closely with you and your healthcare providers to solve any problems related to your medications. Our goal is to help you feel better, improve your health, and experience the best results possible.



During a private meeting, your MTM pharmacist will review your medications and answer any questions you may have. You'll receive a printed list of all medications you are taking with helpful instructions.

## Who is eligible for MTM services?



MTM services are available to anyone who is concerned about their medication usage. In particular, patients with chronic illnesses and those taking multiple medications will benefit most from the consultation and expertise of a clinical pharmacist.

## Why should I take advantage of MTM?

If you are taking multiple medications, it may become more difficult to manage your medication regime. Your MTM pharmacist can help you answer these questions and manage your medication therapy:

- Are my medications working the way they should?
- Can I do anything about side effects?
- Am I taking them in the right order and at the right time of day?
- Are my medications interacting with each other?
- Why am I taking all these medications?
- Are all my medications really improving my health?

## How does MTM work?



Your MTM pharmacist will review your health status and drug treatment plan to make sure that:

- You are taking the right amount of medication.
- Your medications are not interacting with each other.
- You are taking only the medications you need.
- 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.

## Does insurance pay for this service?

Coverage varies depending upon your insurance carrier. MTM is covered by Medicare and some private insurers. We encourage you to check with your insurance provider to determine if your benefits include MTM. Private pay is also accepted.