

You and Your Pharmacist...

Benefits of Having a Medication Check-Up

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 department.
- 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.

Talk to your pharmacist to find out how a medication check-up may help you!

Schedule your appointment today!



Partners in Managing Your Medications

Every time you get a prescription in the United States, a pharmacist is there to check that it is the right medication for you and your health conditions.

Your pharmacist is a medication expert, with years of advanced training about how medications can work to improve your health. In addition, your pharmacist is trained to help you use your medications correctly.



This information is brought to you by the American Pharmacists Association (APhA), the professional association of practicing pharmacists, and the National Association of Chain Drug Stores (NACDS) Foundation, which serves as the education, research, and charitable affiliate of the NACDS.

This brochure is for general informational purposes and does not constitute health care advice. Medication check-up services listed are for illustrative purposes only and are not intended to set forth a standard of care for pharmacists or pharmacy staff. Services will vary by location. The NACDS Foundation and APhA assume no responsibility for the accuracy, timeliness, or completeness of any information provided by your pharmacist or other pharmacy staff.

Get Your Medication Check-Up

Talk to your pharmacist about your medications to improve your health



Your Medication Check-Up

What Is a Medication Check-Up?

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

A medication check-up is more than answering questions when you pick up a prescription. During 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:

- Help you understand how the medications help you manage your health conditions.
- Answer any questions you have about your medications.
- Help you organize your medications and prepare questions to ask your other health care providers.
- Check to see if you are having any problems with your medications. If problems are found, your pharmacist may be able to work with you and your health care providers to help solve these problems.
- Help you keep track of any issues you have had with medications in the past.
- Help you make a complete list of all your medications that you can share with other health care providers.



Who Should Have a Medication Check-Up?

Anyone who uses prescription medications, over-the-counter medications, herbal products, or other dietary supplements may be helped by a medication check-up.

This service may be most helpful if you:

- Use several medications.
- Have several health conditions.
- Have questions or problems with your medications.
- Take medications that require laboratory monitoring.
- Have been hospitalized recently.
- Have recently changed your medications.
- Want to reduce your out-of-pocket medication costs.
- Get medications from more than one place.

Many insurance companies now pay for medication check-ups (or MTM services), but may limit who can receive coverage through the insurance plan.

Talk with your insurance company or your pharmacist to find out whether the service is covered for you.