

GET YOUR MEDICATION CHECK-UP



MASSACHUSETTS
COLLEGE of PHARMACY
and HEALTH SCIENCES

Pharmacy Outreach Program

A statewide community service project
of Massachusetts College of
Pharmacy and Health Sciences

19 Foster Street | Worcester, MA 01608

1.866.633.1617 | www.mcphs.edu/pharmacyoutreach

MEDICATION CHECK-UP

Also known as Medication Therapy Management (MTM)

WHAT IS MTM?

MTM is a one-to-one medication check-up review offered by pharmacists

The pharmacist will review all of your medications, such as:

- » prescription medications
- » over-the-counter medications
- » herbal products
- » vitamins

WHO SHOULD GET A MEDICATION CHECK-UP?

Patients who have:

- » many medications
- » many health issues
- » medication questions
- » recently been in the hospital
- » new medications
- » high medication costs

WHAT ARE THE BENEFITS?

- » Better understanding of how to take your medications
- » Fewer problems caused by medications
- » Better control of health problems such as high blood pressure, high cholesterol, diabetes, asthma, heart disease, and depression
- » May lower drug costs

MEDICATION MANAGEMENT TIPS

GET ORGANIZED

- » Use pill boxes and calendars.

KNOW YOUR MEDICATIONS

- » Know the name of each of your medications and why you take them.

TAKE MEDICATIONS ON TIME

- » Take your medications the same way and time each day.

READ MEDICATION LABELS

- » Know what the directions mean.

REDUCE PRESCRIPTION COSTS

- » Talk with your health care provider or pharmacist to see if all your medications are current and needed, and if there are generic options.

DISPOSE OF MEDICATIONS THE RIGHT WAY

- » Do not flush pills down the toilet. Add water to bottle until pills are dissolved and then add cat litter or coffee grounds to the bottle and throw away.

WHAT YOUR PHARMACIST CAN DO

- » Review your medications for best results
 - » Create a medication treatment plan
- » Organize and improve your daily medication use
 - » Reduce unnecessary medications
- » Answer questions you have about your medications

WHAT IS THE MASSACHUSETTS COLLEGE OF PHARMACY AND SCIENCES OUTREACH PROGRAM?

The Pharmacy Outreach Program is a non-profit organization promoting medication adherence by providing help with medication and insurance issues. We are a team of clinical pharmacists and case managers working to ensure that patients know and can afford their medications.

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If you have any questions or concerns with any aspect of the material or program, please contact **Pharmacy Outreach at 866-633-1617.**

Individuals interested in supporting this program by making a donation can send funds to:

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