

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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Know Your
MEDICINE
Know Your
PHARMACIST

Medication Therapy Management (MTM) What is it and why should I participate?

- A free service provided by Pequot Pharmacy to covered members.
- An annual medication review, or annual pharmacy check-up scheduled with your pharmacist. You will be able to discuss any problems, questions, or concerns you have about your medicines with the pharmacist, and you will work together to form an action plan to address them.
- The appointment usually takes about 30-45 minutes. After the appointment the pharmacist will make an accurate list of your prescription medicines, vitamins, dietary supplements and over the counter medications that you can keep up-to-date and share with the rest of your healthcare team.
- Just as you go to the doctor for an annual check-up even when you are feeling fine, we recommend having an annual medication review with your pharmacist to make sure your medications are working as best they can for you. Both are ways to check in with your healthcare providers and prevent complications from chronic conditions.
- Studies have shown that speaking to your pharmacist regularly about your medications can help you to be healthier, lead to fewer hospital and emergency room visits, and save you money on your health care expenses. Also if you have multiple doctors they may not have all of the information about your medications the same way the pharmacy does. We want to help you stay healthy!
- Your doctor should review all your medications at each visit. It is good for your pharmacist to be a second set of eyes to check out all of your medications with you and answer any questions that you might have about your medications or your health conditions. Your pharmacist and doctor are both part of your healthcare team, and they work together to improve your health.
- The pharmacist will contact your primary care provider if anything comes up during your visit that he/she would need to know, if concerns are identified, or if there are any changes in your medications that could be made to benefit you. Your doctor will always be consulted in creating a plan to address the issues that come up with the goal of creating the best solution for you.
- Your pharmacist can also help show you how to use your medications and make cost saving recommendations if necessary.
- Pequot Pharmacy's MTM program is completed over the phone, and you can expect to receive a call from one of our experienced pharmacists from the following phone number: 860-996-8401
 - We look forward to working with you to achieve your healthcare goals!

<https://www.pharmacist.com/Practice/Patient-Care-Services/Medication-Management>

At Pequot Health Care, we are dedicated to maintaining your good health!



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