Is Medication Therapy Management right for me?

These are just a few of the common questions and concerns that can be addressed by your MTM Pharmacist:

- Is there a way to lower my co-pays or find other cost-saving opportunities?
- Do some of my medications need to be taken at a certain time for me to get the best benefit from them?
- Am I using my inhaler correctly?
- My medication causes constipation! What can I do about it?
- I just got a new medication – will it interact with the ones I’m already taking?
- I just left the hospital – exactly what medications am I supposed to be taking and for how long?
- Should I be taking this medication with food or on an empty stomach? Does it matter?
- Am I on the best medications for me?
- Do I need to take all of these medications?
- How can I learn more about how to better manage my conditions?
PHP is offering a new service for our members: Medication Therapy Management

Patients who are chronically ill or have many health conditions can sometimes be overwhelmed by the number of medications needed to manage their care. If you are a Patient covered under PHP, our free Medication Therapy Management program can help.

What is Medication Therapy Management?

Medication Therapy Management (MTM) is an innovative Pharmacist-directed program that helps patients understand and manage their medication regimen, and assists prescribers in avoiding potential medication-related problems. 
The result: better health outcomes.

How does MTM work?

MTM services are provided free of charge by Physicians Health Plan (PHP) to all members with multiple ongoing medications.

15-30 minute MTM appointments are scheduled at the clinic in the Medical Arts Building in downtown Lansing. There is no co-pay for MTM service itself and you will not receive a bill. MTM services are 100% funded by PHP to help improve your overall health.

What happens at my MTM appointment?

On an ongoing basis or as needed, you’ll meet with a Clinical Pharmacist, either in person or by phone. During the appointment, the Pharmacist will:

- Review all prescription, over-the-counter, and herbal medications.
- Evaluate effectiveness, side effects, therapy duplication, drug interactions, and under/over dosing.
- Identify cost-saving measures when appropriate.
- Address any questions or concerns about your medications and health conditions.
- Discuss preventative health measures and health literacy.
- Provide a printed summary of the appointment and follow up with your Physician.

Additionally, if you have the SPHN plan within PHP, you are also eligible for prescription synchronization services. Please call 517.364.8376 for more information.

How will I benefit from participating?

- Better prevention and management of side effects and drug interactions.
- Private, personal communication with your Pharmacist to better understand your drug therapy.
- Fewer hospitalizations and visits to the ER or Urgent Care.