



Medication Therapy Management (MTM)

Sunflower Health Plan partners with local pharmacists participating with OutcomesMTM to help you get the best results from your medications through the Medication Therapy Management (MTM).

What is Medication Therapy Management (MTM)?

MTM is a service provided by a pharmacist aimed at improving your health through better drug-related care.

A pharmacist will give you a **Comprehensive Medication Review (CMR)** of all your medications and talk with you about:

- How to get the most benefit from the drugs you take
- Any concerns you have, like medication costs and drug reactions
- How best to take your medications
- Any questions or problems you have about your prescription and over-the-counter medication

Frequently Asked Questions:

1. Are all pharmacists in the Health Plan network also OutcomesMTM Pharmacists?

Not all pharmacists are OutcomesMTM Pharmacists. OutcomesMTM Pharmacists have completed a special training course to be able to provide these extra services. This course is open to any pharmacist. Ask your regular pharmacist if they participate in the OutcomesMTM program.

2. Can I use my regular pharmacy and visit an OutcomesMTM Pharmacist too?

Yes. If your regular pharmacy is not trained with OutcomesMTM, you may work with an OutcomesMTM Pharmacist while continuing to fill prescriptions at the pharmacy of your choice.

3. Will I pay additional costs for using an OutcomesMTM Pharmacist?

No. These services are offered at no additional cost to you.

4. Do I need an OutcomesMTM Pharmacist?

While OutcomesMTM Pharmacists are available to all members, those with diabetes, high blood pressure or other conditions treated with multiple medications may see the greatest benefit.

5. Will I be required to use an OutcomesMTM Pharmacist?

No. Your OutcomesMTM Pharmacist is an added benefit of membership. They are available to help, but you are not required to utilize their services.

6. Will my doctor know if any changes need to be made to my prescriptions?

Yes. Your OutcomesMTM Pharmacist may make recommendations to you and your doctor(s), but only your doctor can change your prescription.

7. How do I get started?

1-877-644-4623

TDD/TTY 1-888-282-6428

SunflowerHealthPlan.com

Ask your pharmacist about the pharmacy's MTM program. If you take many medications for more than one chronic health condition, you may be eligible for a review. Pharmacists participating in Outcomes also receive notification of members who are eligible for the program and may reach out to you.



1-877-644-4623
TDD/TTY 1-888-282-6428

SunflowerHealthPlan.com