



An Independent Licensee of the Blue Cross and Blue Shield Association 4000-1229600 2025 PSHB OE - MTM Web Update - Final

# Medication Therapy Management Program

The HMSA Federal Plan 87 and HMSA Plan for Postal Service Employees Medication Therapy Management (MTM) Program is all about you and your health. The program offers support from a health care provider who will:

- Thoroughly review your medications with you to ensure they're appropriate, effective, and safe.
- Increase your knowledge of your medications and how they work.
- Help you understand how to take your medications as instructed.
- Ensure that you're on the right medications after being discharged from a hospital, leaving a nursing home, or after any other transition of care.
- See if more cost-effective medications are appropriate for you.
- Help prevent the risk of interactions with drugs or supplements.
- Discuss how your medications may affect each other.
- Identify any recommendations for your medications.
- Provide a current medication list and summary of the review to you.

## Who may participate in the MTM Program?

The program may contact HMSA Federal Plan 87 and Postal Service members if they:

- Take multiple maintenance medications.
- Have delays in filling your prescriptions.

Your participation in this program is voluntary; it doesn't affect your medical or drug plan benefits and you may opt out at any time. There's no cost to participate in the program.

## How will I know if I am enrolled in the program?

If you're eligible for the program, we'll send you a letter to let you know. We may call you to set up your one-on-one medication review.

## **What happens when I'm in the program?**

You'll receive a medication review from a health care provider. This review usually takes 20 minutes or less. During the review, you can ask questions about your medications or health conditions. The health care provider may offer ways to help you manage your health and get the most out of your medications. If more information is needed, the health care provider may contact your prescriber.

## **Who will contact me about the medication review?**

You may receive a call from our partners at the University of Hawaii at Hilo Daniel K. Inouye College of Pharmacy to complete your review over the phone. When they call, you can schedule your review at a time that's convenient for you.

## **Why is this review important?**

Different prescribers may write prescriptions for you without knowing all the other medications and supplements you take. For that reason, the MTM Program health care provider will review your medications with you to help make sure you get the best health results.