Save money and improve your health with this free service

How many prescription medications do you take? What about over-the-counter drugs or supplements? Do you know if they all work well together? Are you spending too much on medications? A quick phone call with a Security Health Plan pharmacist can help with these questions – and may be able to save you money.

It's important you receive the safest and most effective medication therapy possible. That's why Medication Therapy Management (MTM) is a free service Security Health Plan offers to members who have pharmacy benefits.

An annual medication review only takes about 10-15 minutes over the phone with an experienced pharmacist.

Security Health Plan Clinical Pharmacy Specialist Amanda explains that this service is for anyone who wants to speak with a pharmacist about their medications.

"This is a way to make sure our members are safe and on the most effective medicines possible. We look at the big picture – we evaluate each medication individually and also how they interact with each other," she said.

After meeting with you, the pharmacist will follow up with your doctor (if necessary and with your permission) to resolve any problems with your medication. You will also receive a follow-up letter that includes a written copy of your medication action plan and personal medication list to keep track of your medications.

Amanda also explained that a free annual medication review with Security Health Plan can also save you money.

"If there's a lower cost alternative, we can recommend that to your health care provider," Amanda explained.

In addition to finding lower-cost alternatives, an annual medication review can identify duplications or harmful drug reactions, help you stay organized with your medication schedule and answer any questions about your prescriptions and over-the-counter drugs.

An annual medication review can even save lives. One member participated in the program after being discharged from the hospital. Our pharmacist completed a medication review and found that the member was taking double the dose of the same medication. The member didn't realize they should stop taking the medication the received while in the hospital. If the member had continued on this dosage, it could have had potentially serious consequences.

Ready to get started? Just call 1-888-651-7543 (TTY 711) and set up your appointment. It's free and you can get the answers you need from the comfort and safety of your home.