**Medication Therapy Management (MTM) Program**

Asuris Northwest Health, in collaboration with Catamaran’s MedMonitor Medication Therapy Management (MTM) program, ensures you are receiving the most effective medications, while also helping to reduce the risk of side effects and interactions as well as your out-of-pocket costs. The program is paid in full by your plan. This means that you can receive the benefits of the MTM program at no cost to you. There is no change to insurance benefits, co-pays, prescription coverage, or available doctors or pharmacies. The MTM program is designed to help members who meet the below criteria to get the most from their medications:

- 3 or more chronic diseases including:
  - Bone Disease which includes Osteoporosis
  - Diabetes
  - Dyslipidemia
  - Mental Health Conditions, specifically Depression
  - Respiratory Disease which includes Asthma
- 5 or more maintenance medications for chronic conditions
- Likely to incur a yearly drug spend of $3144

Asuris Northwest Health, members who meet the criteria will be sent an introduction letter which describes the MTM program. Specially trained pharmacists work closely with you and your doctors to solve any problems related to medicines and to help you get the best results. You will be contacted by a pharmacist for an interactive person-to-person consultation to review all of your medications and answer any questions that you may have.

Medicare requires that MTM programs automatically enroll those who qualify through the calendar year, but participation is voluntary, and members are given the opportunity to opt out at any time.

If you have any questions or choose to opt out from the MTM program, please call the Pharmacy Department at 1-866-233-6564 (TTY/TDD users should call 711) Monday - Friday, 8 am to 5 pm.