



June 15, 2017

John A. Sample  
East 9<sup>th</sup> Street  
Cleveland, OH 44115

Dear John Sample:

Thank you for talking with me about your health and medications. Medicare's MTM (Medication Therapy Management) program helps you understand your medications and use them safely.

This letter includes an action plan (Medication Action Plan) and a medication list (Personal Medication List). **The action plan has steps you should take to help you get the best results from your medications. The medication list will help you keep track of your medications and how to use them the right way.**

- Have your action plan and medication list with you when you talk with your doctors, pharmacists, and other healthcare providers in your care team.
- Ask your doctors, pharmacists, and other healthcare providers to update the action plan and medication list at every visit.
- Take your medication list with you if you go to the hospital or emergency room.
- Give a copy of the action plan and medication list to your family or caregivers.

If you want to talk about this letter or any of the papers with it, please call the Medication Management Center toll free at 1 (844) 866-3730, M-F, 10 a.m. to 8 p.m. Eastern (TTY/TDD 1 (800) 367-8939). We look forward to working with you, your doctors, and other healthcare providers to help you stay healthy through the Medical Mutual MTM program.

Sincerely,

Triage Pharmacist

<b>MEDICATION ACTION PLAN FOR</b> John Sample,	DOB: 09/21/1942
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This action plan will help you get the best results from your medications if you:

1. Read “What we talked about.”
2. Take the steps listed in the “What I need to do” boxes.
3. Fill in “What I did and when I did it.”
4. Fill in “My follow-up plan” and “Questions I want to ask.”

Have this action plan with you when you talk with your doctors, pharmacists, and other healthcare providers in your care team. Share this with your family or caregivers too.

**DATE PREPARED: 06/15/2017**

<b>What we talked about:</b> Our records show that you recently filled a medicine called Crestor. Did you know that under your drug plan, you can get a generic drug in the same category that treats the same health condition? Generics usually cost less. These generics are approved by the U.S. Food and Drug Administration as safe and helpful options to treat your condition. Crestor comes in a generic form called Rosuvastatin. We sent your doctor information about this cost saving opportunity.	
<b>What I need to do:</b> Ask your doctor if you can be switched to the generic less expensive drug.	<b>What I did and when I did it:</b>

<b>What we talked about:</b> Controlling your blood pressure and cholesterol. Including the medicines used to help prevent heart attacks, strokes and heart surgeries	
<b>What I need to do:</b> Reduce your heart risk. Keep blood pressure controlled. Follow a heart-healthy diet. Exercise most days of the week. Get to a healthy weight or stay there. Avoid smoking and excessive alcohol. Ask your doctor about your goals to lower your heart risk.	<b>What I did and when I did it:</b>

<b>What we talked about:</b>	
<b>What I need to do:</b>	<b>What I did and when I did it:</b>

<b>What we talked about:</b>	
<b>What I need to do:</b>	<b>What I did and when I did it:</b>

<b>My follow-up plan</b> (add notes about next steps):
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<b>Questions I want to ask</b> (include topics about medications or therapy):
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If you have any questions about your medication list, call the Medication Management Center toll free at 1 (844) 866-3730, Monday through Friday, 10 a.m. to 8 p.m., Eastern, TTY/TDD users, please call 1 (800) 367-8939.



**PERSONAL MEDICATION LIST FOR** John Sample, **DOB:** 09/21/1942

This medication list was made for you after we talked. We also used information from prescription claims data.

- Use blank rows to add new medications. Then fill in the dates you started using them.
- Cross out medications when you no longer use them. Then write the date and why you stopped using them.
- Ask your doctors, pharmacists, and other healthcare providers in your care team to update this list at every visit.

Keep this list up-to-date with:

- prescription medications
- over the counter drugs
- herbals
- vitamins
- minerals

If you go to the hospital or emergency room, take this list with you. Share this with your family or caregivers too.

**DATE PREPARED: 06/15/2017**

**Allergies or side effects:** Penicillin, Latex, and Various Food Allergies

<b>Medication: Rosuvastatin 20mg</b>	
<b>How I use it: Take 1 Tablet by Mouth Daily</b>	
<b>Why I use it: High Cholesterol</b>	<b>Prescriber: Kevin R. Young MD</b>
<b>Date I started using it:</b>	<b>Date I stopped using it:</b>
<b>Why I stopped using it:</b>	

<b>Medication: Lisinopril 10mg</b>	
<b>How I use it: Take 1 Tablet by Mouth Daily</b>	
<b>Why I use it: High Blood Pressure</b>	<b>Prescriber: Kevin R. Young MD</b>
<b>Date I started using it:</b>	<b>Date I stopped using it:</b>
<b>Why I stopped using it:</b>	

<b>Medication: Metformin 500mg</b>	
<b>How I use it: Take 1 Tablet By Mouth Twice Daily</b>	
<b>Why I use it: Diabetes</b>	<b>Prescriber:</b>
<b>Date I started using it:</b>	<b>Date I stopped using it:</b>
<b>Why I stopped using it:</b>	

<b>Medication:</b>	
<b>How I use it:</b>	
<b>Why I use it:</b>	<b>Prescriber:</b>
<b>Date I started using it:</b>	<b>Date I stopped using it:</b>
<b>Why I stopped using it:</b>	

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<b>Other Information:</b>
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