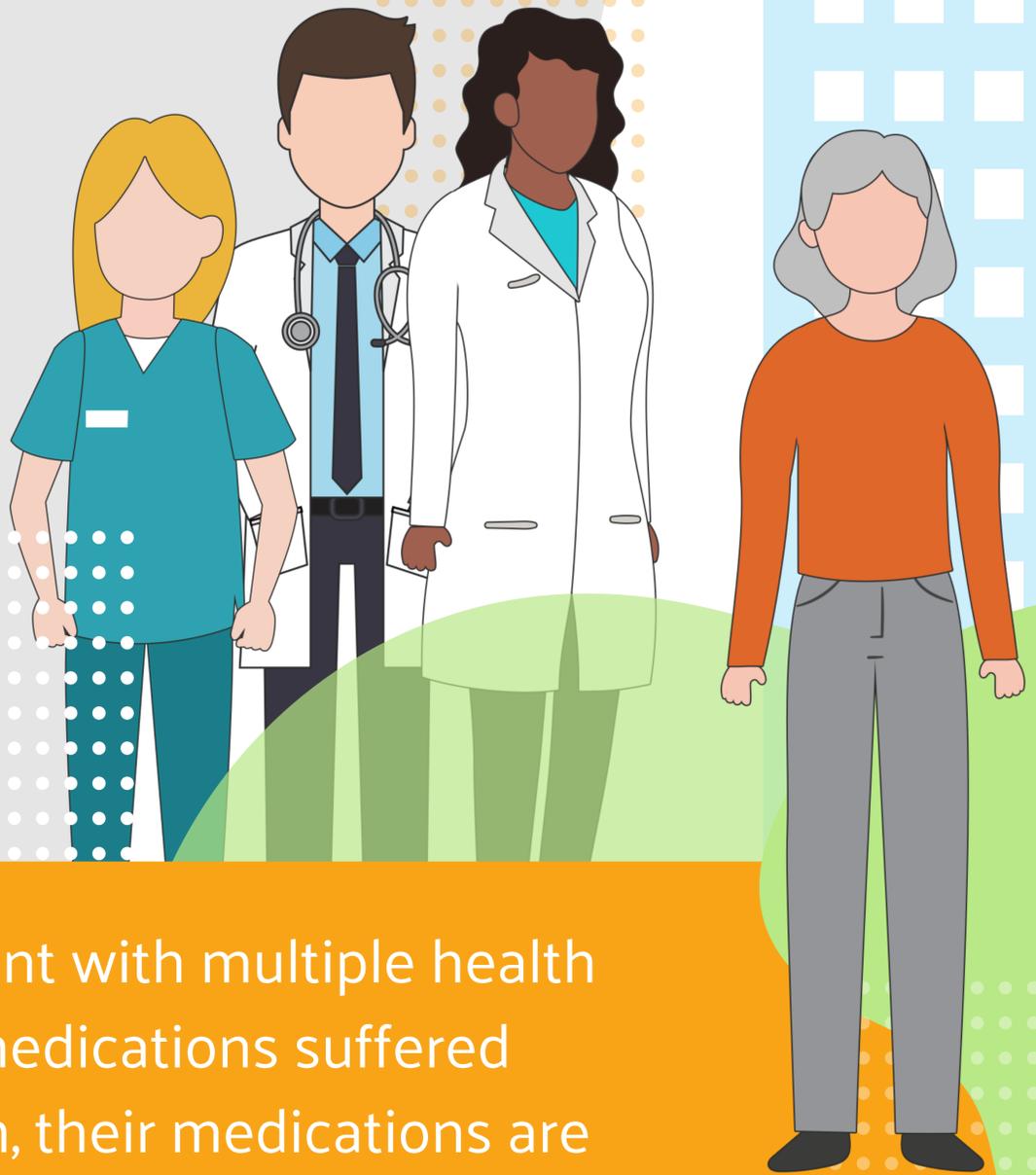
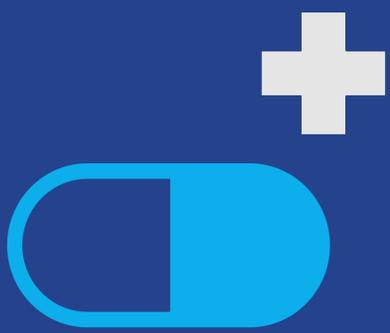


Have you ever wondered if you were taking the *right* medications for you?



Here is a common story: A patient with multiple health conditions and taking multiple medications suffered a recent heart attack. After which, their medications are changed.



Side Effects

Following their heart attack, patient is still not feeling well. They think it may be from these new medication changes.



Interrupting Life

Patient feels overwhelmed. They are having side effects, resulting in a struggle to do daily activities, play with their kids, do their work and complete their tasks.



Confusion

Patient wants to feel better but does not know what to do since they believe their current medications are making them sicker. They go back to their doctor.

What is CMM?

CMM is a patient-centered, systematic approach to optimizing medication use & improving patient health outcomes. Delivered by the health care team (including the physician, a clinical pharmacist & the patient), this process ensures each patient's medications (whether prescription, nonprescription, vitamins or nutritional supplements) are individually assessed to determine that each is appropriate, effective & safe, that the patient is able to take the medication as intended & adhere to the prescribed regimen.

*McInnis T, Webb E, and Strand L. The Patient-Centered Medical Home: Integrating Comprehensive Medication Management to Optimize Patient Outcomes, [Patient Centered Primary Care Collaborative](#), June 2012



Hope

After the doctor hears about their new problems, the patient is informed they are a good candidate for **comprehensive medication management** (CMM) and is connected with a clinical pharmacist from the CMM health care team.

Review

Patient meets with the clinical pharmacist, and they discuss the patient's medication history, preferences, lifestyle and goals. All medications are reviewed to ensure they are the best for the patient, work well with the patient's body and the patient can be successful taking them. Sometimes, testing is used to determine if a medication is suited for their genetic makeup. The clinical pharmacist communicates with the patient's doctor all recommended medication changes, and together they create a more appropriate medication plan.

Living Healthy

With the new personalized medication plan that the patient has helped to create, the patient feels better than before. They can now focus on what's most important to them. The patient is able to get back to work, to life and to play.

Follow Up

The patient remains in contact with their CMM health care team. Their doctor, clinical pharmacist and others on the team continue to monitor the patient's progress. Moving forward, the patient feels confident with their medications—it's like having a personal medication coach.



Let's stop the current system of trial-and-error medication use and make your medication plan personalized and precise!

Ask your doctor or health plan about CMM.

