



## Additional Consultation Based Services

**Additional services may vary by pharmacy. Ask your pharmacist for details. Services may include:**

- Health Coaching
- Smoking Cessation - Pharmacists are authorized to prescribe all medications and nicotine replacement treatments available to help you quit smoking. Many pharmacies offer programs that can provide you with support to quit smoking.
- Screening and Prevention of Disease.
- Travel Health Consultations.
- Programs for menopause, osteoporosis, pain management and more.

## Coverage may vary between plans.

**To get the most out of any consultation service:**

- Bring your health card and private insurance card.
- A list of your prescription and non-prescription (over the counter) medications that you take (e.g. allergy pills, acetaminophen, cold medications, etc.) Don't forget your eye drops, inhalers, creams, lotions, and patches. Your herbal products and vitamins should be included too.
- A list of any questions you may have.

### FACTS

- 1 in 6 hospitalizations are due to a preventable medication problem.
- Approximately 1/3 of medication side effects are preventable.

Consultations with your pharmacist may now be a benefit of your health plan. Ask your pharmacist which service is right for you.

# PANS

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## Consulting Services

Health Care Management Programs

Medication Reviews

Smoking Cessation Programs



**PHARMACY HEALTH CARE SERVICES**

Every day, pharmacists help people by recommending changes to their medications that make them feel better.

Pharmacists can also provide health and lifestyle coaching to prevent illness and disease.

Your pharmacist can recommend the service that is right for you. Your medical conditions, medications and health related concerns will be different from those of your co-workers. It is important to explore the options that will give you and your family members the best results.

Coverage may vary between plans.

## Health Care Management Programs

### How long does it take?

Typically, a 60-90 minute consultation annually, with 15-30 minute follow-ups throughout the year.

### What is this?

Your pharmacist may call it a Care Plan or use other terms. The names of these programs may vary by pharmacy. Most pharmacies will offer services to help you manage your ongoing medical conditions. It may be recommended for those who want more support to manage their chronic health conditions, such as diabetes, heart disease, high blood pressure, respiratory illness and others.

Your pharmacist can help you achieve your personal health goals over a period of time. Your goal might be to have more energy, lose weight or quit smoking. Perhaps you want help with overcoming certain obstacles when it comes to taking your medications. A care plan may include, or build upon, the findings from a medication review.

### What's in it for me?

- Convenient access to health care in your community.
- Achieve your health goals (studies show that patients who use pharmacy consultation services are 25% more likely to achieve their health goals).
- Improve your quality of life.
- Help you better manage your medications.

“ I have high blood pressure. I have tried four different medications over the last two years. One didn't seem to work at all and one made me so drowsy that I was falling asleep at my desk. My pharmacist helped me cut down on the number of cigarettes I smoked, and suggested a slight change in dose for one of my medications. Now my blood pressure is finally under control. ”

## Medication Reviews

### How long does it take?

Typically, 20 to 30 minutes.

### What is this?

If you are taking multiple medications for chronic conditions, a pharmacist will go over all of the medications that you take. This will include any natural products and non-prescription medications you take. You can discuss why you are taking each medication and what you hope to achieve from taking the medication. It is also important to learn what side effects it may be causing and how you can prevent them. The pharmacist will also be thinking about possible drug interactions and conflicts with your other medical conditions as they review each medication.

## Is this right for you?

### Do you want to know more about...

- The medication you are taking
- Where to store your medication
- How and when to take different types of medications
- Lifestyle modifications that can work along with your medications
- Impact of drinking alcohol, or using recreational drugs, with your medications
- What to do if you miss a dose
- Can you take vitamins, herbal medications or non-prescriptions medications along with your prescriptions
- What is the impact to your health if you forget to take your medications

### Do you have trouble with...

- Reading the label
- Understanding the instructions
- Opening the medication bottle
- Using puffers, eye drops, nose sprays, creams, patches or insulin
- Swallowing pills
- Remembering to take your medications
- Remembering the names of your medications

### Do you feel that...

- You are taking too many medications
- Your medication is making you sick
- Your medication is not working