The State Employee Group Insurance Program (SEGIP) invites you to enroll in a:

Diabetes Medication Therapy Management Program

You are eligible for SEGIP’s Diabetes Medication Therapy Management (MTM) Program.

The goal of the program is to assist you in managing your diabetes by building a strong partnership between you, a specially-trained pharmacist and your physician.

Studies have shown that participants working with an MTM pharmacists were able to:

- Get the most from their medications.
- Improve their health and reduce their complications through better management and lifestyle changes.

The Program Looks Like This

- This program provides Medication Therapy Management (MTM) for State of Minnesota employees with diabetes.

- Medication therapy management includes a thorough review of your medications, setting goals and monitoring progress, and working to eliminate barriers you may face in taking your medications appropriately.

- Employees who enroll in the program will select a trained Medication Therapy Management (MTM) pharmacist to work with, from a network of trained pharmacists.

- You will meet privately with the pharmacist to review and assess all of your medications including prescription medications, over-the-counter, herbals, vitamins and supplements, and identify any problems with your current medication program.
The pharmacist will work directly with you and your physician on a regular basis to ensure that each medication is appropriate, safe and effective.

You will meet with your pharmacist as needed but at least twice each year.

You will also have the opportunity to complete a Personal Health Assessment and participate in lifestyle coaching through StayWell.

Your Participation is Rewarded

SEGIP will pay the full cost of the face-to-face consultations with the MTM pharmacist.

Your co-pays will be waived for diabetes medications and test supplies.

You will receive a $50 contribution to a Health Reimbursement Account (HRA) when you enroll in the MTM program. This contribution will be available to you within 30 days from enrollment and may be used for any initial lab or medical expenses.

There will be no cost to take the Personal Health Assessment and enroll in a lifestyle coaching program.

If you complete a lifestyle coaching program, you will receive an additional $200 contribution to your Health Reimbursement Account (HRA).

First Steps

To learn more or enroll in the program, please visit: http://mn.gov/mmb/segip/health-solutions/employees/mtm/

1. Choose your MTM pharmacist*

The MTM pharmacist network is smaller than the medical plan networks so it is possible that the
MTM pharmacist you choose will not be part of your regular clinic or pharmacy. Don’t worry; there is no need for you to change your prescription medications or your clinic to the MTM provider's location.

Participating pharmacists are identified in the Directory of MTM Pharmacists and have met credentialing standards. If you wish to search for an MTM pharmacist by zip code, city or name use the “find box” at the top of the page.

2. Enroll in the MTM Program*

Make an appointment with one of the UPlan MTM pharmacists listed in the provider directory. Bring your completed SEGIP MTM Participation Agreement for your first meeting. You can find the Agreement and other information and forms on the program website: http://mn.gov/mmb/segip/health-solutions/employees/mtm/

3. Plan For Your First Meeting*

Bring the following to your first meeting:

• Your completed SEGIP MTM Participation Agreement for your first meeting. You can find the Agreement and other information and forms on the program website.

• Your medical plan and Navitus ID cards.

• All of your prescription and over-the-counter medication bottles or a complete list of the names and doses of your current prescriptions, over-the-counter medications, herbals, vitamins, and supplements.

• Your current lab results and your primary care provider’s (PCP) name, location and phone/fax number.

Your face-to-face meetings with your MTM pharmacist will be held in a private room in the pharmacy or the clinic. Plan for the first visit to last 45 to 60 minutes. The pharmacist will ask you questions about your medical conditions, medical history, lab results and medication use. This information will be used to assess your current medications and identify any problems.
With your permission, the pharmacist will contact your physician and present his/her assessment and recommendations. Your pharmacist will work closely with your physician to make your health care as effective as possible and resolve any medication-related problems.

Questions

If you have questions on medication therapy management, first read the Frequently Asked Questions (FAQs). If your question isn't answered in the FAQs, contact Navitus at 1-866-333-2757.

Administration of this program is a partnership between Navitus, your health plan, StayWell and the University of Minnesota School of Pharmacy (UPlan).