

# NOW COVERED on your Drug Plan

## Pharmacy Primary Health Care Services!

**Dear MHCSI Plan Member:**

We are pleased to announce that, effective immediately, Pharmacy Primary Health Care Services are now eligible for coverage on your employer-sponsored pharmacy benefits program, and at no out-of-pocket cost to you!

Read on for more details.



## What are Pharmacy Primary Health Care Services?

- Pharmacy Primary Health Care Services include comprehensive and specific medication and related services provided by community pharmacists in addition to the standard services provided during the normal prescription provision process.
- Typically, these services are provided by scheduled appointment, which may be in person at the pharmacy or over the telephone. Most consultations take between 10 and 30 minutes, depending on complexity.

POPULAR EXAMPLES INCLUDE:


### Customized Medication Management Reviews:

A one-on-one consultation with your pharmacist to review your medications (including prescription, non-prescription, herbal products, or other) and includes an assessment of their indications for use, dosing, treatment effects and outcomes. The pharmacist will screen for any problems or concerns that might prevent you from getting the most benefit from your medication and make recommendations. Additionally, the pharmacist will provide supportive information on issues such as lifestyle and diet and answer any other questions you may have.

### Disease State Management Programs:

**Diabetes** – The pharmacist meets by appointment with individuals to:

- Ensure that his/her blood glucose monitoring system is working well and meeting his/her needs
- Discuss blood glucose control, including review of A1C values and review blood glucose logbook.
- Review of medications, including prescription, non-prescription, and herbal products.
- Discuss other areas of the person's diabetes management plan which may include healthy eating, weight management, foot care, prevention of short-term and long-term complications, and other areas, as needed.

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**Smoking Cessation** – The pharmacist helps persons to quit smoking by:

- Asking about smoking status and assessing the readiness to quit, including discussion of the health risks of smoking and the benefits of quitting
- Advising on the various treatment options available
- Assisting with the selection and implementation of an appropriate treatment plan, which might include the use of smoking cessation products, behavior modification, coping strategies, and setting a quit date.
- Arranging for continued support and scheduled follow-up calls during the quitting process

**And Care Plans for other health conditions such as Asthma, High Blood Pressure, High Cholesterol, Migraine, and more!**

## Who should consider using Pharmacy Primary Care Services and why?

**Pharmacy Primary Care Services are ideally suited to individuals who:**

- Have chronic health conditions
- Take multiple medications
- Are concerned about their medications and/or their health
- Are interested to learn more about taking control of their health
- The benefits of these services are obvious- better use of medications and better understanding of your condition(s) means you achieve better health and more control!

## How do you access Pharmacy Primary Care Services?

- Your pharmacy benefit program is administered by MHCSI – Managed Health Care Services Inc., and these services are available through your community Lawtons and Sobeys pharmacists.
- To access Pharmacy Primary Care Services, just speak with your Lawtons or Sobeys pharmacist to arrange an appointment.
- The pharmacist may also recommend these services to you further to their usual care and based on your specific needs.

**For more information**



MHCSI at (902) 481-7112 or 1-888-686-6427 or speak with a member of your Lawtons or Sobeys pharmacy team.