

## **Medication Therapy Management (MTM) Program**

As a Sonder Health Plan member, you may be eligible for our Medication Therapy Management (MTM) Program at no additional cost to you. This program is a free program meant to help members manage their health. The MTM program is designed to assist members who may benefit from additional support with their Part D medications for chronic illnesses such as: Alzheimer's Disease, Bone Disease, Diabetes, Hypertension, Respiratory Disease - Chronic Obstructive Pulmonary Disease (COPD).

Enrollment in this program is automatic. Members qualify for our MTM program based on their prescriptions, chronic conditions, and drug costs. If you are taking multiple prescriptions, have high drug costs, and have several chronic health conditions, you are likely to qualify.

If you qualify for our MTM program, you will receive a letter with additional details. You will also become eligible to receive a comprehensive medication review (CMR) from one of our nurses or pharmacists. In addition, your drug information will also be analyzed for potential drug-drug interactions, side effects, and gaps in care.

The Comprehensive Medication Review (CMR) is an opportunity to discuss your current medications, including over-the-counter medications and dietary and herbal supplements, with a nurse or a pharmacist. During your review, you will have the opportunity to ask questions and after your review, you will receive a printed medication list to keep for your records. Although we encourage members to take advantage of our valuable program, you do have the option to opt out of the program. Please call at 1-866-342-2183 (TTY 711) Monday through Friday 8:30 AM to 6 PM EST for any questions, to schedule or complete your CMR, or if you do not want to take part in the program.