University Medication Therapy Management (MTM) Clinic
Frequently Asked Questions

What is MTM?
Medication Therapy Management (MTM), also known as Comprehensive Medication Management (CMM), is a personalized service provided to you by a qualified pharmacist. The purpose of MTM is to reduce and prevent medication-related problems, while providing health and cost benefits to you.

How does MTM work?
A specially trained pharmacist will work with you and your other health care providers to make sure all of your medications (including over-the-counter medications and supplements) are working well for you without troublesome side effects or drug interactions. Regular follow-up visits will ensure you continue to achieve your medication-related goals.

What are the benefits of MTM?
Medications are getting more complicated all the time. The MTM program allows you to become more educated about your medication so you can be more involved in medication therapy decisions. The program also helps to reduce the risk of adverse drug interactions. Participants can also save money on prescription copays. You are eligible for a one-time copay reduction that lasts for six months. The copay reduction amount is $10, which results in zero cost for Generic Plus medications and a reduced copay of $20 for Brand Name medications on the UPlan formulary.

What does MTM cost?
The MTM program is offered at no cost to eligible UPlan members.

Who is eligible for MTM?
UPlan participants, (active employees, dependents, early retirees, or disabled participants) of the University of Minnesota; AND

- Currently using four or more prescription medications and have at least two chronic health conditions; OR
- Have a referral from your primary care provider (we can help you obtain this)

How do I participate?
To participate, call 218-726-6750 between 9 a.m. and 4:00 p.m. Monday through Friday. We’ll be happy to schedule a time for you to meet with one of our pharmacists at the UMD Employee Health and Wellness Center.

How are MTM pharmacists trained to provide these services?
A clinical pharmacist faculty member from the College of Pharmacy at UMD will provide MTM services under the UMD program. The pharmacist has taken MTM training as part of her pharmacy and residency training, is a Board Certified Pharmacotherapy Specialist, and has provided MTM services in other clinical settings. All individuals involved with the program have taken the University HIPAA and Data Privacy training.

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