# **Manage Meds & improve Health with our Medication Review and Management program**

We understand the challenges of treatment compliance due to the difficult task of managing multiple prescriptions in today's age of increasing chronic disease incidence. This makes it challenging to manage self-prescriptions because you end up having to balance many prescriptions, which leads to confusion about when to take a particular drug, chances of missing doses, and side effects.

Our medication Review and Management program eliminates such difficulties by outlining the correct process for obtaining a good therapeutic outcome. The fact that Medication Review and Management is offered with a patient-centered approach ensures that the services provided shall have immense value in improving the patient's general health.

# **What is Medication Review and Management?**

A medication review and management program is a shared patient-centered patient-pharmacist intervention and goals setting on medication. It involves a thorough assessment of your current medications, including:

* **Reviewing the purpose of each medication:** We will always ensure that you comprehend what a particular prescription medication will do for you and why you need it.
* **Identifying potential interactions:** Patients' medicines can affect how each drug works or result in side effects. Upon admission, our caring staff will review your medications and prescribing physician to determine and correct contraindications.
* **Assessing for medication adherence:** Unless there is some concern about the way the Child is taking their medications as prescribed, we shall not discuss them. This might involve story situations such as forgetting things, having problems with medication timings, or being unable to swallow pills.
* **Evaluating for side effects:** It is necessary to point out that depending on the medications, information can differ. We shall consider your suggestion gladly and adopt it if there are adjustable side effects.
* **Optimizing your medication regimen:** The following measures are advised: decreasing the dose of the medication administered, stopping the use of other unnecessary medications, or substituting the medication with a similar one but with fewer side effects.

# **Benefits of Medication Review and Management**

A comprehensive medication review and management program offers a wide range of benefits, including:

* **Improved health outcomes:** Chronic conditions can be treated using various drugs and due to the fact that it is quite possibly that taking right, proper doses will help in the treatment of a number of general health conditions, this aspect could be considered as positive.
* **Reduced medication errors:** This may not be very helpful for patients, especially because medication errors are not a rarity. Some, for instance, hold the view that medication errors can be concerning.
* **Organization management:** When evaluating some of the phases in our method of review, we have made such mistakes as wrong medication dosages and missing dosages, which are incurable.
* **Reduced side effects:** Tender loving care can easily be used to prevent the occurrence of otherwise awkward and/or dangerous side effects due to medication interactions.
* **Enhanced medication adherence:** Not only does it promote and support you in making the right lifestyle changes, but it also ensures that you are taking the required medications at the correct times to enhance the potential success of the treatment.
* **Increased peace of mind:** You can feel more assured knowing your medications are personalized to your requirements, which will greatly benefit your health.

# **Who Can Benefit from Medication Review and Management?**

This program is beneficial for anyone taking multiple medications, particularly those with chronic conditions such as:

* Diabetes
* High blood pressure
* High cholesterol
* Heart disease
* Asthma
* COPD
* Arthritis

# **What to Expect During a Medication Review Appointment**

At your medication review appointment, your Arrae Health provider will:

* Describe your medical history and any conditions that you have that are currently being treated.
* List your current medications, prescribed, non-prescribed, and other herbal products you currently take.
* Inquire more about any symptoms that might be accompanying the condition.
* Please identify any barriers that you experience to adherence to your medicines as prescribed.

# **How Arrae Health Can Help You Manage Your Medications**

Arrae Health's medication regimen offers professional services tailored to improve your life and health. We provide:

* **Collaboration with your Pharmacist:** We stand by your pharmacist and try our best to prevent adverse, time-consuming, and costly medications routinely.
* **Educational Resources:** This is done through the teaching and training of your course requirement, together with information and counseling on the use of medicines.
* **Medication Synchronization:**Some of the services we may be able to offer your pharmacies include coordinating to come with all your refills in a specific period, let's say every month.
* **Support and Guidance:** We provide various supportive services to address your concerns and work with you to achieve your recovery goals.

# **Frequently Asked Questions**

## Why is medication review and management not a covered benefit by insurance?

Many insurance plans currently cover MEDICATION REVIEW AND MANAGEMENT. Since we cannot establish what insurance you have or do not have, we suggest contacting your insurance provider to clarify what they offer.

## How many times is it recommended that I have a medication review?

The specificity of your medication review will vary depending on the severity of your health condition and the medication schedule. Usually, medication reviews are carried out once a year or if there are changes in one's health and medication list and if necessary.

## I am concerned about stocking up for the medication review appointments. What must I bring?

Kindly list all the medications you are taking including the prescription drugs and the non-prescription drugs, and the herbals that you may be using. Third, the addition of questions or concern that one have over his or her medications must also be carried along.



