To Get a Check-up, Take These Steps

1. Call your pharmacy or check www.pswi.org/WPQC to see if your insurance will pay for the check-up.

2. Ask the pharmacy to set up a time for your check-up with the pharmacist.

3. Use the medication check-up form to prepare for your visit with the pharmacist.

Here are Some Reasons Others Had a Check-up and Why You Might Want to Have One.

Do any of these describe you?

- You have an ongoing or serious condition, such as diabetes, heart failure, or asthma.
- You take a lot of medications and aren’t sure what all of them are used for.
- You wonder if you need to take all the medications you do.
- You want to be sure you are taking medications or using medical equipment correctly.
- You want to know if it’s ok to take prescription or over-the-counter medications at the same time.
- You want to learn how to reduce side effects of medications.

Visit www.pswi.org for a complete listing of participating pharmacies.

Questions?
Please contact your local WPQC Pharmacy.

Medication Check-up Appointment

Here’s how your pharmacist can help you by reviewing your medications.
What is a Medication Check-up?

A medication check-up is a one-on-one appointment with your pharmacist. You will meet privately with your pharmacist to talk about all of your prescription and over-the-counter medications. You and your doctor will receive a list of what you and your pharmacist talked about. The pharmacist will include any suggestions for change to your medications.

How Long Does the Appointment Last?

Appointments usually last 30-45 minutes.

Who Should Get a Medication Check-up?

People with specific chronic conditions or who have been in the hospital or nursing home should meet with their pharmacist at least one time each year. The check-up can be helpful for anyone who takes several medications, even if they have not been in the hospital or nursing home.

How Much Does it Cost?

Many insurance companies pay for this service. Ask your pharmacist or visit www.pswi.org/WPQC.

In a Medication Check-up, the Specially-trained Pharmacist Will:

- Meet with you in a private area
- Spend time focusing on all of your medications, medical equipment and your health
- Help you lower the costs of your medications
- Talk about your concerns
- Talk to your doctor with any suggestions for your medications
- Help you with side effects
- Look for medications you may not need
- Look for medications that do not mix well together

Could This Be You?

“I just got out of the hospital. I was so overwhelmed and confused when I left.

At the pharmacy, my pharmacist said we could sit down to talk over the changes. I was worried an appointment with my pharmacist would cost a lot, but my insurance paid for it.

At the appointment, we reviewed all my medications and directions from the hospital. The pharmacist noticed I was taking my old and new blood pressure medications. With my doctor, we made sure I was on the right one.

We set up a medication schedule so I know when to take my medications.

I have another appointment in a month to make sure things are going ok.”

Can I Meet Again with My Pharmacist?

You can meet again with your pharmacist for a 15-30 minute follow-up visit. The visit may cover:

- Topics that you did not finish discussing
- Medication changes
- Any new concerns or side effects