

MEDICATION GUIDANCE PROGRAM



Medication Guidance sessions are free, one-on-one consultations, offered via telemedicine with a pharmacist who focuses on your health goals.

She provides education, support, and personalized recommendations for your individual needs.

Medication Review

Our pharmacist can help you better understand the medications you're currently taking and discuss alternatives.

Our pharmacist will:

- Do a full medication review to discuss the medications you're taking
- Understand how often you take each medication, how well tolerated it is, and how long you've been taking it
- Talk with you about other options that are available, if you are experiencing side effects or want a lower-cost choice

Once the medication review is done, you'll receive a personal list of your medications and an action plan to follow.



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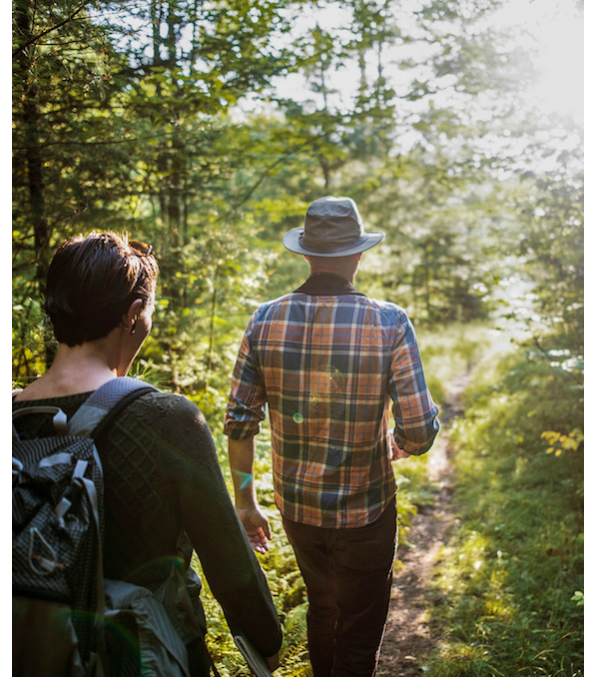


TESTIMONIALS

"I'm a nurse, so I already had an understanding of the purpose of my meds and how to take them. It was very helpful to have a review of this and was very impressed with her holistic approach to medication management. We talked at length about dietary modifications, lifestyle, herbal supplements, etc. I found this consultation to be very helpful. The follow-up visit and emails are greatly appreciated. We have also found a way to reduce costs for my meds."

"I firmly believe that the pharmacist has made it easy for my husband and I to live a longer, healthier life. She's a fountain of knowledge - what she doesn't know, she researches like crazy - and just a very smart, funny and kind person!"

"I was able to discuss matters with the pharmacist that I had not even discussed with my doctor, as the pharmacist was relaxed and able to take the time I needed in order for me to be open with her."



ABOUT LIZ

Liz is a Clinical Pharmacist that supervises our member education and engagement programs. She is board-certified in pharmacotherapy and has completed a Medication Therapy Management (MTM) certificate program. By working with members to educate them on their medications, she is able to empower them to take a more active role in their health.

Liz is available to meet virtually or by phone with members to discuss their medication questions or concerns and to help them navigate the complicated healthcare system to get the most out of their medication therapies.

**CONTACT LIZ TO SCHEDULE
YOUR FREE, CONFIDENTIAL
CONSULTATION.**

(802) 371-3462

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