

February 29, 2024

Medication Therapy Management program

Get a review of your medications at no cost today

Dear Member,

If you take several medications or have more than one chronic health condition, you could be at risk of dangerous drug interactions or complications. The Optum Rx[®] Medication Therapy Management program helps you take your medications correctly and avoid harmful interactions and side effects. You may also learn about other drugs that cost less. Plus, you'll get tips and resources for managing your health.

As a member of Farm Bureau Health Plans (PDP), you can take advantage of this benefit. **Call today.**



1-866-352-5305, TTY 711

8 a.m. - 8 p.m. CST, Monday-Friday

Reference #: CORR-164778021



Or to learn more, visit

<https://fbhealthplans.com/part-d/medication-therapy-management/>

Frequently Asked Questions

What else does the Medication Therapy Management program offer?

You'll get useful information about your medical conditions to help you understand

and better manage your health.

How do I get started?

Call the Optum Rx MTM pharmacists at **1-866-352-5305, TTY 711, 8 a.m. - 8 p.m. CST, Monday-Friday**. They'll answer your questions and walk you through next steps. They'll also set up a time to review your medications with a pharmacist.

Can I have a translator during my medication review?

Yes. Ask the pharmacist to have a translator be on the call.

Can an authorized representative or caregiver speak with the pharmacist for me?

Yes. With your verbal permission or completion of the authorized representative form, a family member, friend or other caregiver can speak with the pharmacist.

What happens after my medication review?

We'll send you a list of your medications with information to help you when you talk with your doctors and authorized representative.

Why should I call?

The program is already included in your plan, so there's no extra cost to you.

Optum Rx pharmacists are here to support – not replace – the care your doctor provides. They can answer questions and may help you save money on your medications.

Don't miss out on this great no-cost benefit.

To opt out of the Medication Therapy Management program, call 1-877-299-7103, TTY 711 24 hours a day, 7 days a week, and provide the code 15092647.

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Do you have unused expired medications and are looking for a safe way to dispose of them? Before you throw them away, here are some things you should know.

Here is how to safely dispose of unused or expired medications before they do harm:

For safety reasons, unused or expired medications should be disposed of as soon as possible.

- Find a nearby pharmacy or other local resource with a medication take back service.
 - The US Drug Enforcement Administration (DEA) allows unused prescription medications to be returned to pharmacies or other authorized sites. You can locate participating locations at:
<https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e2s1>
 - Community take back sites are the preferred method of disposing of unused controlled substances.
Below are some drug take back programs near you:
 - TENNESSEE CVS PHARMACY, L.L.C.
 - 6616 GREENFIELD HWY 54
 - DRESDEN, TN, 38225

 - TENNESSEE CVS PHARMACY, L.L.C.
 - 116 COMMONS DR.
 - MARTIN, TN, 38237
 - Additional drug disposal information can be found on the DEA website at:
www.deatakeback.com
- If you cannot get to a drug take back location promptly, or there is none near you:
 - Mix the unused supply with an undesirable substance such as dirt or coffee grounds.
 - Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag, then place the sealed container in your trash.
 - Make sure to conceal or remove any personal information, including Rx number, on the empty containers by covering it with black permanent marker or duct tape, or by scratching it off to protect your privacy.
 - Place both the sealed container with the mixture and the empty drug containers

in the trash.

- Only flush approved unused or expired medications down the toilet only if indicated on the label, patient information, or no other disposal options are available.

More information on the safe disposal of medications can be found on the United States Department of Health and Human Services website:

<https://www.hhs.gov/opioids/prevention/safely-dispose-drugs/index.html>

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Nondiscrimination notice and access to communication services

Optum Rx and its family of affiliated Optum companies does not discriminate on the basis of race, color, national origin, age, disability, or sex in its health programs or activities.

We provide assistance free of charge to people with disabilities or whose primary language is not English. To request a document in another format such as large print or to get language assistance such as a qualified interpreter, please call the number located on the back of your prescription ID card, TTY **711**. Representatives are available 24 hours a day, 7 days a week.

If you believe that we have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can send a complaint to:



Optum Rx Civil Rights Coordinator
11000 Optum Circle
Eden Prairie, MN 55344



1-800-562-6223, TTY 711



1-855-351-5495



Optum Civil Rights@Optum.com

If you need help filing a complaint, please call the number located on the back of your prescription ID card, TTY **711**. Representatives are available 24 hours a day, 7 days a week. You can also file a complaint directly with the U.S. Dept. of Health and Human services online, by phone, or by mail:



<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>
Complaint forms are available at
<http://www.hhs.gov/ocr/office/file/index.html>



Toll-free **1-800-368-1019, 1-800-537-7697** (TDD)



U.S. Dept. of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

This information is available in other formats like large print. To ask for another format, please call the telephone number listed on your health plan ID card.

Multi-language interpreter services

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Please call the toll-free phone number listed on your identification card.

ATENCIÓN: Si habla **español (Spanish)**, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

請注意：如果您說**中文 (Chinese)**，我們免費為您提供語言協助服務。請撥打會員卡所列的免付費會員電話號碼。

XIN LŪU Ý: Nếu quý vị nói tiếng **Việt (Vietnamese)**, quý vị sẽ được cung cấp dịch vụ trợ giúp về ngôn ngữ miễn phí. Vui lòng gọi số điện thoại miễn phí ở mặt sau thẻ hội viên của quý vị.

알림: **한국어(Korean)**를 사용하시는 경우 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 신분증 카드에 기재된 무료 회원 전화번호로 문의하십시오.

PAUNAWA: Kung nagsasalita ka ng **Tagalog (Tagalog)**, may makukuha kang mga libreng serbisyo ng tulong sa wika. Pakitawagan ang toll-free na numero ng telepono na nasa iyong identification card.

ВНИМАНИЕ: бесплатные услуги перевода доступны для людей, чей родной язык является **русским (Russian)**. Позвоните по бесплатному номеру телефона, указанному на вашей идентификационной карте.

تنبيه: إذا كنت تتحدث **العربية (Arabic)**، فإن خدمات المساعدة اللغوية المجانية متاحة لك. الرجاء الاتصال على رقم الهاتف المجاني الموجود على معرف العضوية الخاص بك.

ATANSYON: Si w pale **Kreyòl ayisyen (Haitian Creole)**, ou kapab benefisye sèvis ki gratis pou ede w nan lang pa w. Tanpri rele nimewo gratis ki sou kat idantifikasyon w.

ATTENTION: Si vous parlez **français (French)**, des services d'aide linguistique vous sont proposés gratuitement. Veuillez appeler le numéro de téléphone gratuit figurant sur votre carte d'identification.

UWAGA: Jeżeli mówisz po **polsku (Polish)**, udostępniliśmy darmowe usługi tłumacza. Prosimy zadzwonić pod bezpłatny numer telefonu podany na karcie identyfikacyjnej.

ATENÇÃO: Se você fala **português (Portuguese)**, contate o serviço de assistência de idiomas gratuito. Ligue gratuitamente para o número encontrado no seu cartão de identificação.

ATTENZIONE: in caso la lingua parlata sia **l'italiano (Italian)**, sono disponibili servizi di assistenza linguistica gratuiti. Per favore chiamate il numero di telefono verde indicato sulla vostra tessera identificativa.

ACHTUNG: Falls Sie **Deutsch (German)** sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Bitte rufen Sie die gebührenfreie Rufnummer auf der Rückseite Ihres Mitgliedsausweises an.

注意事項：日本語**(Japanese)**を話される場合、無料の言語支援サービスをご利用いただけます。健康保険証に記載されているフリーダイヤルにお電話ください。

توجه: اگر زبان شما **فارسی (Farsi)** است، خدمات امداد زبانی به طور رایگان در اختیار شما می باشد. لطفا با شماره تلفن رایگانی که روی کارت شناسایی شما قید شده تماس بگیرید.

ध्यान दें: यदि आप **हिंदी (Hindi)** बोलते हैं, आपको भाषा सहायता सेवाएं, नि:शुल्क उपलब्ध हैं। कृपया अपने पहचान पत्र पर सूचीबद्ध टोल-फ्री फोन नंबर पर कॉल करें।

CEEB TOOM: Yog koj hais Lus **Hmoob (Hmong)**, muaj kev pab txhais lus pub dawb rau koj. Thov hu rau tus xov tooj hu deb dawb uas teev muaj nyob rau ntawm koj daim yuaj cim qhia tus kheej.

ចំណាប់អារម្មណ៍: បើសិនអ្នកនិយាយភាសាខ្មែរ**(Khmer)** សេវាជំនួយភាសាដោយឥតគិតថ្លៃ គឺមានសំរាប់អ្នក។ សូមទូរស័ព្ទទៅលេខឥតគិតថ្លៃ ដែលមាននៅលើអត្តសញ្ញាណប័ណ្ណរបស់អ្នក។

PAKDAAR: Nu saritaem ti **Ilocano (Ilocano)**, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyan. Maidawat nga awagan iti toll-free a numero ti telepono nga nakalista ayan iti identification card mo.

DÍÍ BAA'ÁKONÍNÍZIN: **Diné (Navajo)** bizaad bee yánílti'go, saad bee áka'anída'awo'ígíí, t'áá jííík'eh, bee ná'ahóót'i'. T'áá shqódí ninaaltsoos nit'ízi bee nééhozinígíí bine'déé' t'áá jííík'ehgo béesh bee hane'í biká'ígíí bee hodíilnih.

OGOW: Haddii aad ku hadasho **Soomaali (Somali)**, adeegyada taageerada luqadda, oo bilaash ah, ayaad heli kartaa. Fadlan wac lambarka telefonka khadka bilaashka ee ku yaalla kaarkaaga aqoonsiga.