Meet the pharmacist

**Name:**

Insert Photo

**Clinic Schedule:**

**How the pharmacist can help you:**

* The pharmacist works closely with your doctors and nurses to help you reach your health goals.
* The pharmacist can teach you about your medications and help you take them correctly.
* Regular visits with the pharmacist in between visits with the doctor are proven to help people achieve health goals and maintain progress.

**Here are some ways that the pharmacist could work with you:**

|  |  |  |  |
| --- | --- | --- | --- |
| If you have diabetes | If you have high blood pressure | If you have high cholesterol  | If you take multiple medications (three or more) |
| Review blood sugar readingsProvide suggestions about diet and exerciseAdjust oral medications or insulin   | Check blood pressure or follow-up on home readings after medication dose changesProvide suggestions about diet and exercise Adjust medication dosesCalibrate your home blood pressure monitor | Review the results of cholesterol testsAdjust medications if neededMay offer alternatives to medications, such as changes in diet or supplements (example: fish oil) | Review medications, including why they are prescribed, and answer any questions you may haveWork with your doctor and make recommendations on ways to simplify your medication regimen Give you advice on less expensive alternatives to your current medicationsHelp you correctly take your medications, such as making specialized charts specific to your needs  |

Example provided courtesy of Michigan Pharmacists Transforming Care & Quality (MPTCQ) and Blue Cross® Blue Shield® of Michigan.

*Disclaimer: Please note that clinical guidelines change frequently and this document is meant to serve as an example only. This content is provided for informational purposes only and is not intended as medical advice, or as a substitute for the medical advice of a physician. This content does not constitute a recommendation or endorsement of any specific tests, products, procedures, practices or medical opinions.*

Source: *AMA. Practice transformation series: maximizing the role of a pharmacist in your practice. 2017.*