

The MOBE Pharmacist.

Going beyond traditional medication management approaches, even those considered holistic or comprehensive.

At MOBE®, comprehensive medication management isn't about replacing, duplicating, or competing with the support members receive from their health care providers. It's about complementing and adding to those services—and delivering whole-person medication management at an even deeper, more personalized level.

Key differences:



The gift of time.

On average, MOBE Pharmacists spend 45 minutes on the first appointment and often spend an additional 45 minutes researching and documenting the best course of therapy. Based on a clinical assessment of each member's unique needs, a Pharmacist will recommend a customized follow-up cadence moving forward.



Coordinated efforts for the whole person: lifestyle guidance.

Lifestyle affects a person's health and their response to medications, as well as their ongoing need for them. So nutrition, sleep, physical activity, and emotional health are all addressed in tandem by a MOBE Guide. Guides and Pharmacists create a unified and personalized support-team experience.



A clinical Pharmacist for everyone.

Every MOBE participant can have a relationship with an experienced, dedicated, licensed, MOBE Pharmacist who gets to know them, their goals, and challenges—human to human. It's not limited to the very sick or elderly. And it's not billable medication therapy management based on specific criteria.

A MOBE Pharmacist's work: patient-centered care.

MOBE Pharmacists deliver a coordinated and advanced level of care. They work directly with people and their providers to optimize outcomes for the whole person and all their conditions—using the best course of medication therapy for each individual, and informed by each person's evolving lifestyle change. They get to know every person and focus on resolving issues and supporting clinical and personal health goals. They educate people on how medicines work in the body, how to take them, and any potential risks or side effects. And rather than setting up a limited number of touchpoints per year, MOBE Pharmacists provide ongoing support.



My doctor tells me what I need to take, but he doesn't break it down the way my MOBE Pharmacist Erika does. We go through all the medications I'm on. She explains it and lets me know why I'm taking it and how to have it work better. I was on six medications, and now I'm only on two.

— Lauren, MOBE participant

MOBE participants:

94% receive at least 1 med-change recommendation.

3-4 med-optimization opportunities on average.

Providers:

95% medication recommendations accepted.

As you'd expect, MOBE Pharmacists do this:

General medication therapy management.

- Review current list of medications.
- Check for drug interactions or duplicative therapies.
- Improve adherence and access.
 - Assess regimen for more affordable options.
 - Help investigate programs that synchronize med refills.
 - Answer any questions a person may have.



But MOBE Pharmacists ALSO do this:

Get to know each person, digging in deep.

- Identify the individual's goals of therapy, overall and for each health issue.
- Evaluate everything a person is taking including prescriptions, over-the-counter, alternative or herbal therapies, as well as vitamins and dietary supplements.
- Help the person understand the role of each medication—what it's for and what benefit it's meant to have.
- Assess the effectiveness of each medication in delivering expected results, and consider the impact on comorbidities and other health and lifestyle considerations.
- Review the clinical history and what's been tried.
- Assess lab and test results, current and past.
- Address social and emotional barriers—cost, lack of knowledge, poor lifestyle fit.
 - Research assistance programs for necessary medications if needed.

Develop a personalized plan.

- Consider everything above and spend time researching and evaluating evidence in the person's best interest.
- Create a plan for each MOBE participant to reach specific outcomes.
- Determine whether monitoring is necessary and suggest a follow-up cadence.
- Pivot and align to each person's needs.

Provide recommendations and initiate the plan.

- Deliver a summary of recommendations with explanations, expectations, and next steps so the person is confident discussing with their providers. [Click to view](#)
- Fax a summary to providers, and call when necessary, with recommended medication regimen changes based on what the MOBE participant (the patient) has said. [Click to view](#)

Follow up with the individual and their providers.

- Collaborate with the MOBE Guide and the MOBE participant's providers. For transparency, share a summary and an accurate, comprehensive medication list across providers and prescribers.
- Stay connected. Respond to chat messages from the MOBE participant in the MOBE Health Guide app and have follow-up calls as needed.

MOBE Pharmacist credentials:

- Doctor of Pharmacy graduates with experience or post-graduate training in comprehensive medication management.
- Many are board certified by the Board of Pharmacy Specialties.
- All hold certificates in Pain Management.
- Licensed appropriately, per state regulation(s).

Let's talk.

Comprehensive medication management can be a powerful tool for better health and reduced costs. Continue the conversation with MOBE and learn even more about how MOBE Pharmacists are a superpower differentiator built into the program.



Let's connect. | inquiries@MOBEforlife.com



Our testimonials are from real people who have participated with MOBE but may not be typical. Because every individual is unique, each situation is distinct. Results will vary based on factors including individual goals and participation levels.

©2024 MOBE, LLC