



Sentara Quality Care Network

Clinical pharmacy services



A message on behalf of your primary care team

Your primary care team is working with registered nurse care managers, care coordinators, and clinical pharmacy specialists. Together, they can help you understand and manage your healthcare needs—including prescriptions.

Some examples of the no-cost, personalized services provided

- Comprehensive medication reviews and counseling.
- Education and resources to help you understand and manage chronic conditions like high blood pressure, lung disease, heart failure, kidney disease, and diabetes.
- Discussion of health goals and how to reach them.
- Help with finding community resources.
- Medication reconciliation support after a hospital, urgent care, or emergency room visit.

What does your custom pharmacy review look like?

- We ensure you're only taking the medicines you need and none that you don't need.
- Checking medications for safety. This avoids interactions and limits adverse effects.
- If medicines are too complex or costly, there may be alternative options.
- Information about your medical condition, how to use your medicines correctly, and ways to stay healthy.
- A partnership with your primary care team to help you reach your health goals.
- Education around complementary and alternative medication approaches and treatment.

If you would like to connect with a clinical pharmacist, contact SQCN Member Services at **757-455-7330** or **SQCN@sentara.com**.