



#### **February Health and Wellness Information**



### Make taking medications easier!

How closely do you follow the instructions on how and when to take your medications? Everyone has forgotten to take their medication at sometime or another; or has purposely not taken it.

There are a lot of reasons someone might not take their medicine as prescribed:

- Forgetfulness (we've all forgotten from time to time!)
- Not feeling the need for it
- Side effects or interactions with other meds
- Complicated instructions (i.e. taking meds multiple times a day and/or having to take on an empty stomach)
- Number of daily pills
- Cost
- Difficulty opening pill bottles
- Unable to read the prescription label.

And the list goes on.

Visit <u>360 Health Pharmacy</u> to learn more about pharmacy services such as Custom Pill Packages and Script Talk (talking pill labels) and talk to your PPN pharmacist about what other options may be available!

Find a Pharmacy

#### **Your Exclusive February Offers**



### Start saving today!

Get 300 Scene+ points when you spend \$50 or more in a single transaction.\* SAVE NOW with this exclusive offer for Vivanta Preferred Pharmacy Benefit Program members.

\*Conditions apply.

**Download Your Coupon** 

#### **Your Health News**

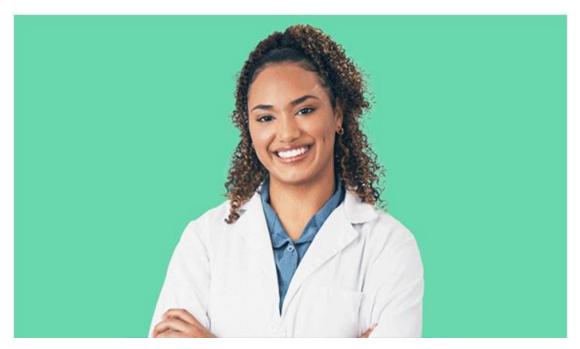


# Your 5-Step Plan for a Smoke-Free 2025.

Is 'quit smoking' part of your New Year's Resolution? Whether it's your first time or you're trying again, this 5-step plan will help you achieve a smoke-free 2025.

Read Article

#### **Member News**



## **Enjoy the benefits!**

Whether you are a direct Vivanta preferred network solution pharmacy customer or in partnership with your primary benefits carrier, you can enjoy the benefits, savings, and rewards as a member of an **Vivanta Preferred Pharmacy Benefits Program!** 

**Exclusive February offer:** Preferred pricing/copay coverage on prescriptions filled at Vivanta PPN pharmacies (check with your plan administrator for details).

Learn More

### Vivanta preferred network solution pharmacies include:















To locate a PPN pharmacy near you visit <a href="mailto:360healthpharmacy.ca">360healthpharmacy.ca</a>



535 Portland Street, Unit 1, Dartmouth, NS B2Y 4B1 1.888.686.6427 <a href="mailto:admin@vivantahealth.ca">admin@vivantahealth.ca</a>

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