

## August Health and Wellness Information



### Overdose Awareness

August 31<sup>st</sup> is [International Overdose Awareness day](#), bringing attention to the preventable harm, tragic deaths and families suffering the loss of overdose victims.

An overdose occurs when a person has taken a higher dose of a drug (or combination of drugs) than their body can handle. Overdoses can occur intentionally or unintentionally and are sometimes fatal.

[Opioid overdoses](#) (including prescribed opioids and illegal opioids) are particularly dangerous because they affect the ability to breathe. They may occur when too high of a dose of opioid is taken or when combined with alcohol or other medications that cause sedation.

Signs of opioid overdose include:

- Dizziness, confusion
- Difficulty staying awake
- Blue, purple, grey lips or nails
- Very small pupils
- Choking, gurgling or snoring sounds
- Slow, weak or no breathing

[Naloxone](#) is a medication that temporarily reverses the opioid effects, buying time until emergency medical help is available. Naloxone is available as a nasal spray and an injection. Naloxone kits are available at most pharmacies, without a prescription.

**Talk to your pharmacist about Naloxone kits today if you or someone you know is at risk!**

\*Pharmacists will assess and prescribe medications where appropriate. Some conditions are only treatable by pharmacists in certain provinces. Fees may apply.

[Find a Pharmacy](#)

## Your Exclusive August 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



**A personalized pharmacy experience**

✓ **Get dietitian-approved\* grocery offers when you sign up for emails**



\*These grocery offers are based on recommendations for diabetes management in the Diabetes Canada Clinical Practice Guidelines. The selections do not replace individualized advice from a healthcare provider.

**Sign up today!**

## 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 August 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 [360healthpharmacy.ca](https://360healthpharmacy.ca)



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