

July Health and Wellness Information



Reduce your Risk of Lyme Disease

Lyme disease is spread through the bite of infected blacklegged ticks – commonly found in wooded or grassy areas, in shrubs, gardens or piles of leaves. Generally, a tick needs to be attached to you for 24 hours in order for the disease-causing bacteria to be transmitted. Left untreated, Lyme disease can cause numerous, long-lasting health issues.

The good news? You can reduce your risk of a tick bite by wearing long pants & sleeves, applying insect repellents and performing a tick-check after being outside. Don't forget to check your pets too! And if you catch Lyme disease in its early stages, it's usually treatable.

For tips on preventing Lyme disease click [here](#).

To find details about common conditions your pharmacists can assess and prescribe* medications for, visit [360Health](#) or talk to your PPN pharmacist!

Find a Pharmacy

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

Your Exclusive July 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

Pharmacists can **assess and prescribe*** for more than you might think.

- ✓ Prescription renewals
- ✓ Hormonal contraception
- ✓ Smoking cessation and more



*Pharmacist will assess and prescribe medication where appropriate. Fee for service may apply.
In AB, pharmacist must have Additional Prescribing Authority.



[Visit 360Health](#)

Member News



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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 July 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



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