

May Health and Wellness Information



World Asthma Day is May 5, 2026

During the spring, some people with asthma may notice a worsening of symptoms as pollen can trigger an asthma flare-up.

To learn more visit [Breathe Easy: Asthma Tips for Allergy Season Relief | 360Health](#)

How to Improve Inhaler Use

An aerochamber or spacer is an easy-to-use device that improves the use of meter dosed inhalers (MDI's) or puffers. It helps to ensure that the medication reaches the lungs where it works rather than hitting the inside of the mouth or the back of the throat. Spacers are recommended for use with puffers at all ages- infants to adults.

For Information and videos on how to use spacers visit: [How to use your puffer | Canadian Lung Association](#)

Most drug plan offer coverage for spacers. Coverage may be limited of one device per year. It is recommended to replace spacers every 12-24 months.

Talk to your PPN pharmacist!


[Find a Pharmacy](#)

Good news! Your exclusive May offer is now easier to use!

SAVE NOW with this exclusive offer for Vivanta Preferred Pharmacy Benefits Program members!

Get 300 pts
when you spend \$50

Scene



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 Benefits Program members.



*Offer expires May 31, 2026. Valid at participating Sobeys, Safeway, Thrifty Foods, FreshCo, Chalo! FreshCo, Lawtons Drugs or Foodland locations. Not available at IGA Quebec. Coupon must be presented at time of purchase with Scene+ Card. Offer expires after a single use unless otherwise stated and cannot be used in combination with any other spend offers in a single transaction. Minimum spend must be spent in a single transaction and excludes taxes, delivery charges, bill payments, rental fees, gift cards, postal products and services, Western Union products and services, prescriptions, non-prescription pharmacy services, tobacco products, lottery, deposits, environmental charges, liquor, fuel, Tim Horton's, Starbucks, McCafé products and other goods and services which are non-discountable or excluded by law. Trademarks of Scene+ Limited Partners Used under license of Sobeys Capital Incorporated.

Your Health News



Need health care or advice?

We do that!

From weight management to diabetes care, pharmacists can help.*

*Fee for service may apply

[Visit 360Health](#)

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 May 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

vivanta

bringing pharmacy + health benefits to life

535 Portland Street, Unit 1, Dartmouth, NS B2Y 4B1
1.888.686.6427 admin@vivantahealth.ca

You received this message because the email address used in this mailing has consented to receive communications from Vivanta. Please do not reply to this email. Replies will not be read or forwarded for handling. If you received this email as a forward, we invite you to subscribe.

[Contact Us](#) | [Unsubscribe](#)

© Copyright 2025 Managed Health Care Services, Inc. All rights reserved.