

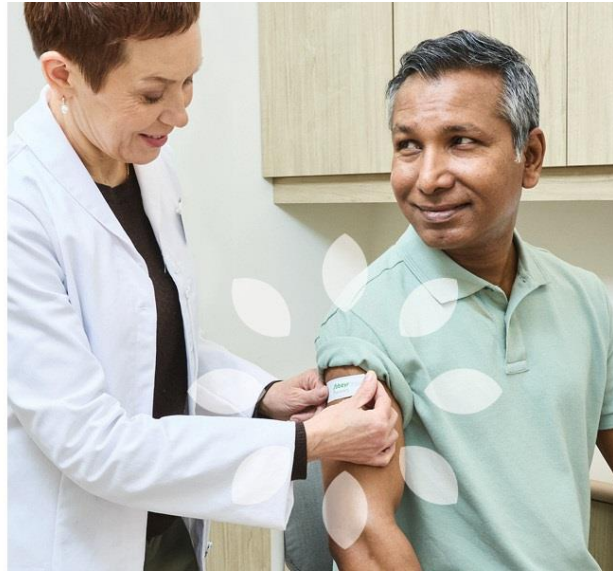
November Health and Wellness Information

Book your flu shot today

Schedule flu shots and
other immunizations
with 360Health.



Vaccinations do not provide 100% protection.



Fall vaccine season is here!

Yearly flu and COVID-19 vaccines reduce the risk of getting the flu/COVID-19, help prevent the risk of serious complications and reduce the risk of spreading illness to others. Almost everyone aged 6 months and up may receive a flu and COVID-19 vaccine.

Click [HERE](#) for info on flu vaccines, [HERE](#) for info on COVID-19 vaccines.

Talk to your pharmacist to determine if the flu and/or COVID-19 vaccine is right for you!

Book an Appointment

Your Health News



November is Diabetes Awareness Month.

About 30% of Canadians live with diabetes or prediabetes (many of whom are undiagnosed). Diabetes is a condition where the body can no longer regulate the amount of glucose (sugar) in the blood. Over time, uncontrolled diabetes may lead to complications such as blindness, stroke, heart attacks, kidney failure and leg/foot problems. People living with diabetes are also more likely to suffer from depression.

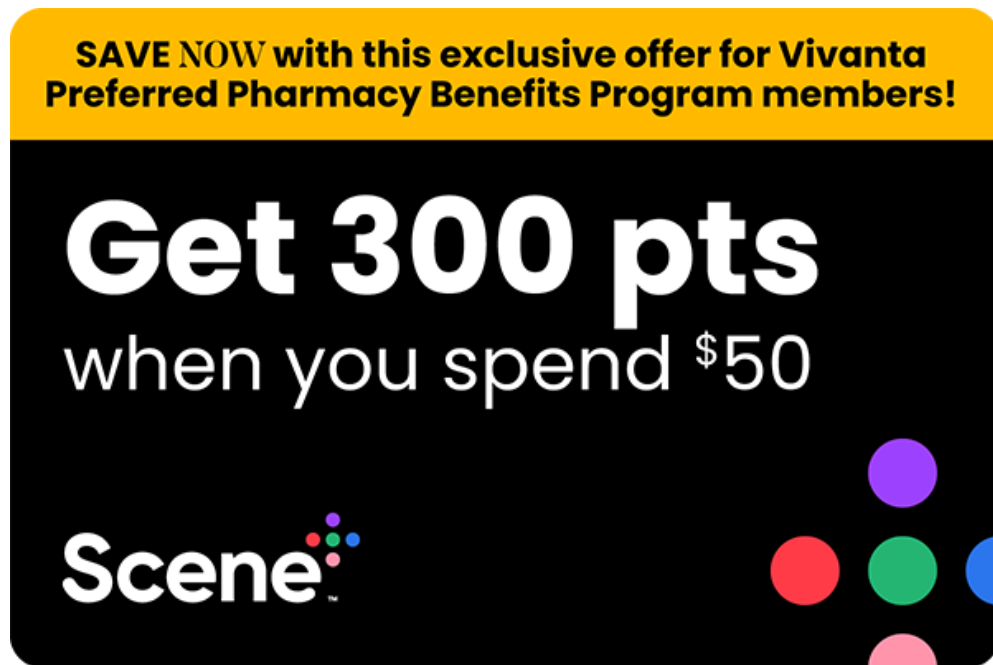
Type 2 diabetes is the most common type, affecting 90-95% of Canadians with diabetes. Knowing your risk empowers you to take preventative action. Click [HERE](#) to take a quiz and learn if you are at risk and what you can do to prevent type 2 diabetes.

For more information, visit diabetes.ca

Need help with managing your diabetes? Visit 360Health to read about our diabetes care services.

Visit 360Health

Your Exclusive November 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](#)

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 November 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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