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ACHCCS
Atlantic Canada Health Care Coalition Society
Union Benefits Purchasing Power

November Health and Wellness Information



Diabetes Awareness Month and Fall Vaccines

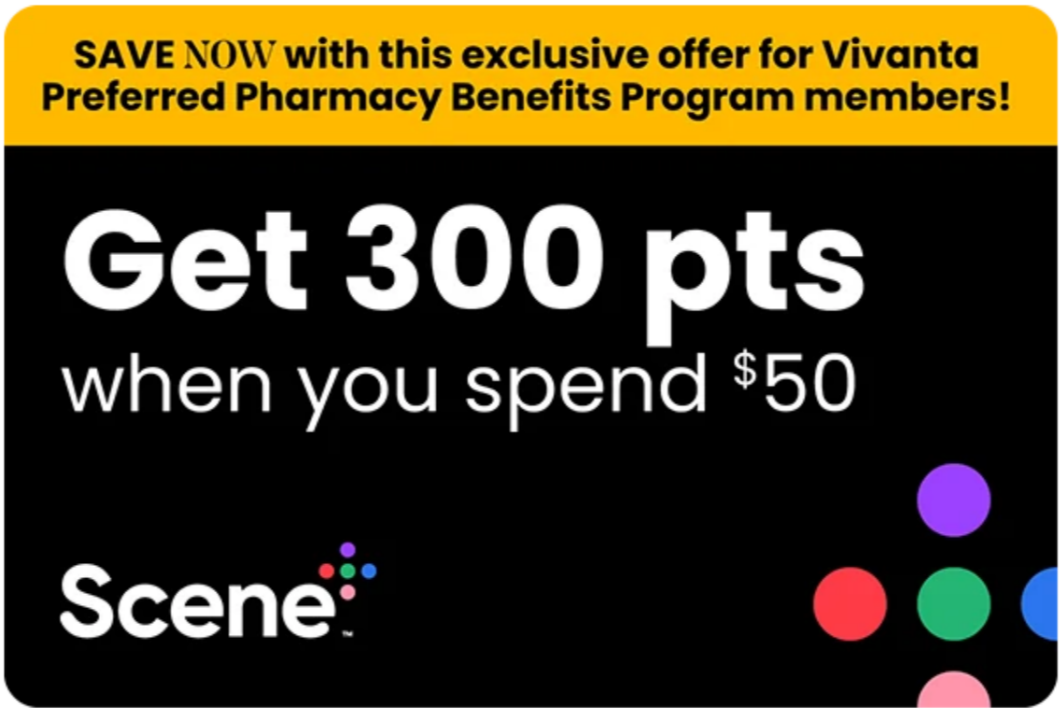
Did you know that nearly 30% of Canadians are living with diabetes or prediabetes? Diabetes affects the body's ability to regulate blood sugar levels and can increase the risk of serious complications from vaccine-preventable illnesses such as influenza (flu), COVID-19, RSV, pneumonia, and shingles.

Staying up to date on recommended vaccinations is an important step in protecting your health. Learn more about the vaccines recommended for people with diabetes by visiting Recommended Vaccines For People With Diabetes

Not sure which vaccines are right for you? Talk to your pharmacist for personalized recommendations.

Book an Appointment

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



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.

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*Offer expires November 30, 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



Book your shots today!

Every fall, health experts encourage people to prepare for flu season and other respiratory illnesses by getting recommended vaccines. Three of the most important viruses to watch for are influenza (flu), COVID-19, and respiratory syncytial virus (RSV). The viruses spread through droplets in the air from coughs or sneezes. They can also spread by touching contaminated surfaces and then touching eye, nose and mouth.

- **Influenza** is a contagious respiratory infection caused primarily by influenza A and B viruses. While many people recover within a week or two, influenza can lead to serious complications such as pneumonia and can worsen existing health conditions.
- **COVID-19** virus continues to cause illness ranging from mild symptoms to severe disease requiring hospitalization. Older adults and people with certain medical conditions are still at the highest risk of serious outcomes.
- **Respiratory Syncytial Virus**, commonly known as RSV, is a respiratory virus that infects people of all ages. Most people recover without major problems, but RSV can be dangerous for infants, older adults, and people with certain health conditions.

To learn more and book appointments visit: Fall Vaccine Recommendations for Canadians: Influenza, COVID-19, and RSV | 360Health

Have questions? Talk to your PPN pharmacist.

Find a Pharmacy

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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