



# MyHealth™ Newsletter

## PHARMACIST AWARENESS MONTH

March is Pharmacist Awareness Month! In addition to being medication experts, pharmacists are improving access to care and able to offer a variety of services to Canadians. Here are some services offered by your Remedy'sRx pharmacist that can improve your overall well-being:

**VACCINATIONS & IMMUNIZATIONS** Pharmacists are able to provide you with flu shots at your local pharmacy. Specialized pharmacists can also administer vaccines and other injectable medications including hepatitis A and B vaccines, shingles vaccine, HPV and many travel vaccines\*.

### WRITING PRESCRIPTIONS

Most pharmacists can provide emergency supplies of prescribed medication as well as monitor and authorize the refill of existing prescriptions to ensure appropriate and effective care. In certain provinces, pharmacists with advanced training can also prescribe over-the-counter and prescription drugs to treat minor ailments\*.

### MEDICATION CONSULTATIONS

Have questions about your medications? Experiencing side effects? Forget to take your dose? Book a private and personalized medication review and consultation with your pharmacist to discuss questions you may have about your medications and to make sure you are getting the most benefit from them. Medication consultation sessions with a pharmacist are a benefit of most provincial health plans in Canada\*.

### SPECIALIZED PHARMACIST SERVICES

Specialized pharmacist consultations and services can help you reach health targets, prevent poor health and even decrease your medication use!\* Here are some categories that specially-trained pharmacists can help with:

- Diabetes education and management programs to attain target levels
- COPD device training and condition management
- Mental health education and medication assessments
- High blood pressure and high cholesterol management
- Quitting or decreasing smoking
- Travel health and required immunizations pre-trip
- Customized hormone therapy for menopause, erectile dysfunction and testosterone imbalance
- Custom compounding for kids, people with swallowing disorders, medications that have been discontinued from the market, specialized dermatology formulas and even compounding for your pets!

### HERE TO HELP

Pharmacists are convenient, accessible and offer high quality healthcare to Canadians.

**Visit your local Remedy'sRx pharmacy today and ask us how we can help you better manage your health.**

The contents herein are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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