

YOUR HEALTH NEWS



International Overdose Awareness Day is August 31

International Overdose Awareness Day is a global event to raise awareness of overdose and to reduce the stigma. Overdose can occur with any medication. Opioid overdose is particularly dangerous because it affects breathing.

Signs of opioid overdose includes:

- Slow, weak or no breathing
- Blue lips/nails
- Dizziness or confusion
- Unable to wake up or difficulty staying awake
- Choking, gurgling, or snoring sounds

[Opioid Overdoses: What To Do \(fact sheet\)](#)

You may have heard of Naloxone. It's medication that can temporarily reverse the effects of an opioid overdose which provides time for medical help to arrive. You can find out more [here](#).

You may not know that Naloxone kits are available without a prescription to anyone who may be at risk of overdose or who is likely to encounter one.

Talk to your pharmacist about Naloxone kits today if you or someone you know is at risk!

[Find a pharmacy near you](#)

AUGUST HEALTH AND WELLNESS INFORMATION



Care at your fingertips.

Did you know that our pharmacists can assess and prescribe for a variety of minor illnesses? These vary by province and include uncomplicated urinary tract infections, bug bites, cold sores, heartburn, skin rashes, and the list goes on. Click [here](#) to view the range of minor illnesses that pharmacists in your province can assist with.

Our pharmacists provide assistance beyond minor illnesses. For example, if you:

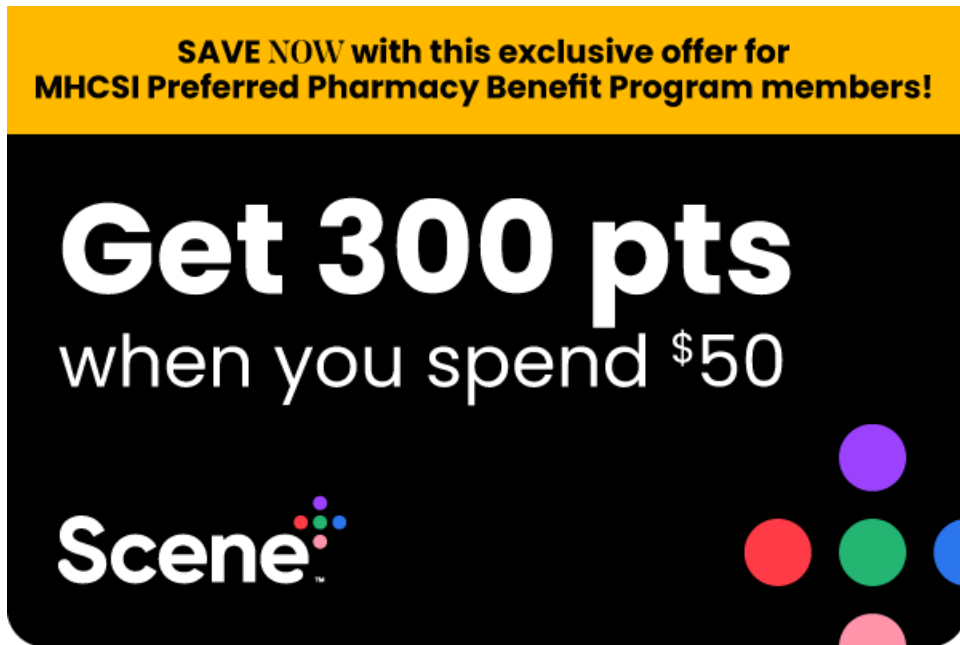
- Have diabetes, we can work with you to optimize your management by creating a personalized care plan and establishing a regular follow up schedule.
- Need or have questions about birth control, we offer guidance and can prescribe.
- Are eligible for vaccinations, we can recommend and administer the necessary shots to help you protect your health including vaccines for influenza, COVID-19, shingles, RSV, HPV, hepatitis and more.
- Have run out of refills for your medication, our pharmacists may be able to renew them for you.

Stop by one of our pharmacies and find out what our pharmacists can do for you. We are accessible, trusted community health professionals, and we look forward to working with you!

[Book an appointment](#)

*Pharmacist will assess and prescribe medication where appropriate. Some conditions are only treatable in certain provinces, see website for details.

YOUR EXCLUSIVE AUGUST OFFERS



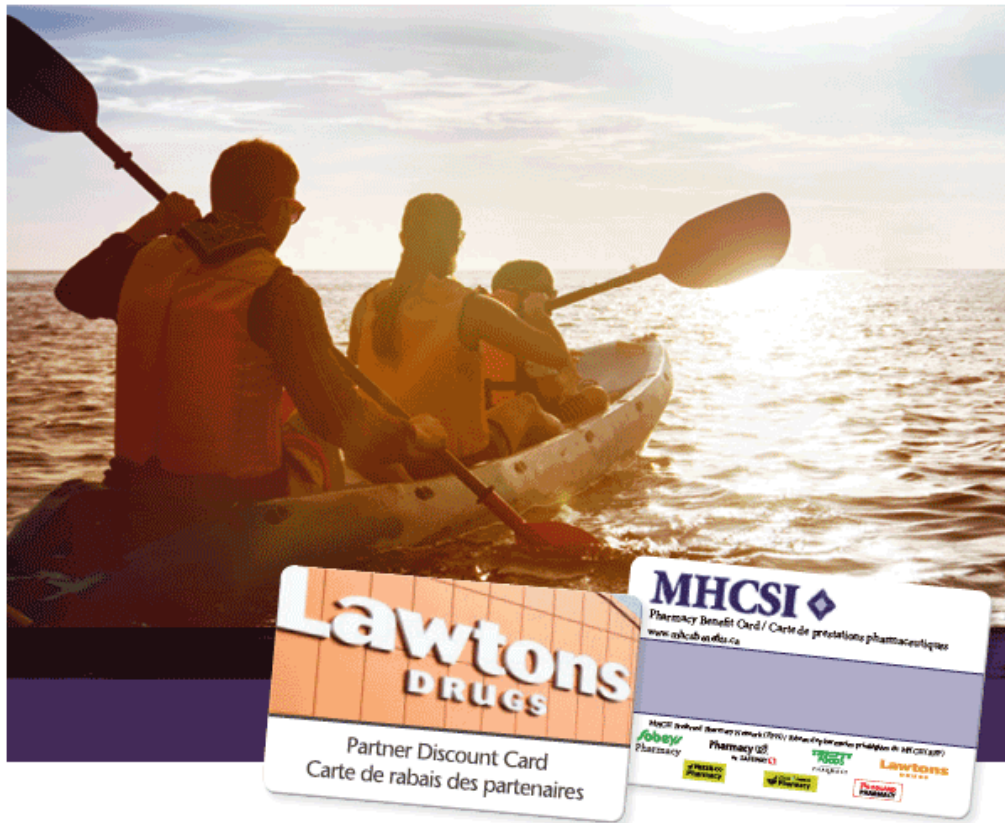
Start saving today!

Get 300 Scene+ points when you spend \$50 or more in a single transaction.* SAVE NOW with this exclusive offer for MHCSI Preferred Pharmacy Benefit Program members.

*Conditions apply.

Download your coupon

MEMBER NEWS



Enjoy the benefits!

Whether you are a direct MHCSI Preferred Provider Network (PPN) pharmacy customer or in partnership with your primary benefits carrier, you can enjoy the benefits, savings, and rewards as a member of an **MHCSI Preferred Pharmacy Benefit Program!**

Exclusive August offers:

- Preferred pricing/copay coverage on prescriptions filled at MHCSI PPN pharmacies (*Check with your plan administrator for details*).
- Enjoy discounts* on front store purchases at Lawtons Drugs.

*Available in Atlantic Canada only.

Contact us for more information

MHCSI Preferred Provider Network (PPN) Pharmacies include:



To locate a PPN pharmacy near you visit 360healthpharmacy.ca



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1.888.686.6427 mhcsi@mhcsi.ca

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