

Easy way to create a 7 day medication supply for your household Emergency kit

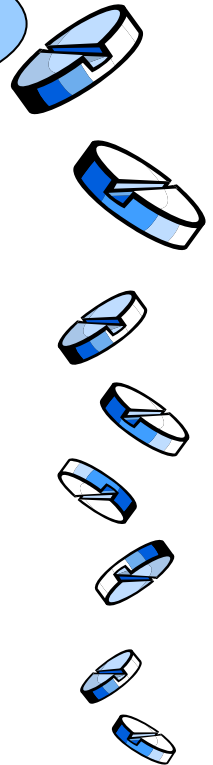
STEP 1

Get a refill 3-7 days before your prescription runs out from your pharmacy.



STEP 2

Put the remaining medicine from the old container aside into your kit.

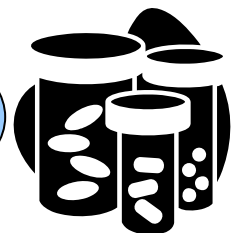


STEP 3

Start using the medication from the new container immediately.

STEP 4

REPEAT these steps until you have at least a seven day stockpile of medicine in your emergency kit.



Other ways to get a 7 day medication supply for your household Emergency kit

STEP 1

Ask your pharmacist to request a “travel” or “vacation” override from your insurance provider.



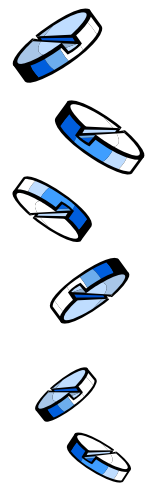
STEP 2

* If approved, you now have extra medications.



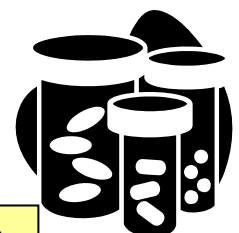
STEP 3

Refill your medication at the usual time that you normally would.



STEP 4

Stockpile at least 7-days worth of medications into your Emergency Kit!



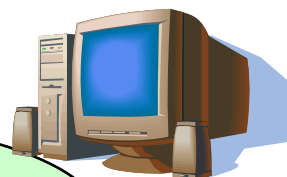
* Not all insurance providers will approve a vacation override.

Other ways to get a 7 day medication supply for your household Emergency kit



STEP 1

Order your medications by phone or online.



STEP 2

You often get a 3 months supply. Co-pay may seem slightly higher but when it's only one time for three months, it's actually lower.

STEP 3

You can order a refill of your medications after two months.

STEP 4

You will have an extra few weeks of medications. Stockpile 7 days worth of medications in your emergency kit.

