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Health

GoodRx

bulletin



– Check out the easy-to-use website, www.goodrx.com, for the following features:

- instant access to the lowest prices for prescription drugs at more than 75,000 pharmacies
- coupons and savings tips that can cut your prescription costs by 50% or more
- info on side effects, pharmacy hours and locations, pill images, and much more

Attached as a separate document is a listing of all major chain pharmacies that accept your prescription ID card. In addition to these, many independent pharmacies also take part in your prescription program. To determine whether a pharmacy that is not listed accepts your card, call the pharmacy directly.

March is National Nutrition Month



How to Kill Office Germs and Stop Cold and Flu in Their Nasty Tracks:

- **Know your germ hot spots.** Think the toilet seats in the communal restroom are nasty? They're nothing compared to the surfaces in the break room—you know, the space where you handle your lunch. Microwave buttons, coffee pot handles, sink faucets, and break room counter tops are among the most germ-infested surfaces in your office. Other high-traffic surfaces, such as door handles and copier buttons, harbor loads of germs, too.
- **Disinfect the heck out of these spots.** Regularly wipe down nightmare surfaces with disinfectant wipes, suggests Charles Gerba, microbiologist and co-author of "The Germ Freak's Guide to Outwitting Colds and Flu." Gerba prefers disposable wipes to sponges and rags, which can harbor bacteria, and recommends using the wipes in the break room about three times per day during cold and flu season.
- **Please, please cover your coughs and sneezes.** You'd think this behavior would be second nature by now, but it's too important not to issue a reminder. The U.S. Centers for Disease Control and Prevention advises coughing into tissues, and states that if a tissue is unavailable, cough or sneeze into your upper sleeve rather than your hand. Afterward, dispose of the tissue if you used one, and wash your hands. Speaking of which ...
- **Wash your hands.** Wash your hands before eating and after blowing your nose, coughing, sneezing and using the restroom. And then go ahead and wash your hands an extra time during the day. And don't think a quick rinse job will cut it. Go for a nice lather, and then scrub for at least 20 seconds, or as the CDC points out, the length of about two "Happy Birthday" songs. Hand sanitizer can help kill the germs on your hands, too.
- **And for the love of the office gods, take a sick day if you need to.** Say you wake up with a burning fever but go to work anyway. After all, your team's project deadline is Friday, and your co-workers need you. (A lot of folks would do the same. Sixty percent of the 1,500 U.S. workers in an October 2014 Staples survey said they'd go to work with the flu.) But here's the thing: How valuable are you to your team if you're sick? And what happens to the team if the other members start feeling lousy, too? Make an effort to keep the workplace healthy, and stay home if those efforts fail.



Participating Retail Pharmacies

The following list shows the major chain pharmacies that accept your prescription ID card. In addition to these, many independent pharmacies also take part in your prescription program. To find out if a pharmacy not listed here accepts your card, call the pharmacy directly.

A

A & P Pharmacy
Accredo Health Group, Inc.
ACME Pharmacy
Albertson's Pharmacy
Ameridrug Pharmacy
Aurora Pharmacy

B

Baker's Pharmacy
Bartell Drugs
Bel Air Pharmacy
Bi-Lo Pharmacy
Bi-Mart Pharmacy
Brookshire Pharmacy

C

Carrs-Gottstein Foods Pharmacy
Cashwise Pharmacy
City Market Pharmacy
Coborn's Pharmacy
Copps Pharmacy
Coram Healthcare Pharmacy
Costco Pharmacy
Critical Care Systems
Cub Pharmacy
CVS/specialty
CVS/pharmacy

D

Dierbergs Pharmacy
Dillon Pharmacy
Discount Drug Mart
Doc's Drugs
Drug Warehouse
Duane Reade

E

Eaton Apothecary

F

Fairview Pharmacy
Farm Fresh Pharmacy
Food City Pharmacy
Food Lion Pharmacy
Fred Meyer's Pharmacy
Fred's Pharmacy
Fresh Market Pharmacy
Fruth Pharmacy
Fry's Food and Drug

G

Gerbes Pharmacy
Giant Eagle Pharmacy
Giant Pharmacy
Group Health Pharmacy

H

Haggen Pharmacy
Hannaford Food & Drug
Harmons Pharmacy
Harps Pharmacy
Harris Teeter Pharmacy
Harveys Supermarket Pharmacy
HealthPartners Pharmacy
H-E-B Pharmacy
Hen House Pharmacy
Henry Ford Medical Center Pharmacy
Homeland Pharmacy
Horton & Converse Pharmacy
Humana Pharmacy
Hy-Vee Pharmacy

I

IHC Health Center
Ingles Pharmacy

J

Jewel-Osco Pharmacy

K

Kerr Drug
Kessel Pharmacy
King Sooper's Pharmacy
Kinney Drugs
Klein's Pharmacy
Klingensmith's Drug
Kmart Pharmacy
Knight Drug
Kroger Pharmacy
Kroger Sav-on Pharmacy

L

Long's Drugs

M

Marianos Pharmacy
Marsh Drug Store
Martin's Pharmacy
Maxor Pharmacy
May's Drug
Med-Fast Pharmacy
Medicap Pharmacy
Medicine Shoppe Pharmacy
Meijer Pharmacy
Metro Market Pharmacy

N

Navarro Discount Pharmacy
NCS Healthcare Pharmacy
Neighborcare Pharmacy
Nob Hill Pharmacy
North Florida Pharmacy



Participating Retail Pharmacies (cont.)

O

Oncology Pharmacy
Omicare Pharmacy
Option Care Pharmacy
Osco Pharmacy

P

Pathmark Pharmacy
Pavilions Pharmacy
Pick N Save Pharmacy
Prescriber Rx Pharmacy
Price Chopper Pharmacy
Price Cutter Pharmacy
Publix Pharmacy

Q

QFC Pharmacy
Quick Chek Pharmacy

R

Raley's Drug Center
Ralphs Pharmacy
Randall's Pharmacy
Receipt Pharmacy
Rite Aid Pharmacy
Ritzman Pharmacy

S

Safeway Pharmacy
Sam's Club Pharmacy
Sav-Mor Pharmacy
Sav-On Pharmacy
Save Mart Pharmacy
Schnucks Pharmacy
Scolari's Pharmacy
Scott's Pharmacy
Shaw's Pharmacy
Shop 'n Save Pharmacy
Shopko Pharmacy
Shoppers Pharmacy

S (cont.)

ShopRite Pharmacy
Smith's Pharmacy
St John Pharmacy
Stop & Shop Pharmacy
Super 1 Pharmacy
Super D Drugs
Super One Pharmacy
Super RX Pharmacy

T

Texas Oncology Pharmacy Services
Thrifty White Pharmacy
Times Pharmacy
Tom Thumb Pharmacy
Top Food & Drug
Tops Pharmacy

U

United Market Street Pharmacy
United Pharmacy
USA Drug
UW Health Pharmacy Services

V

Vons Pharmacy

W

Wal-Mart Pharmacy
Walgreens Pharmacy
Wegman's Pharmacy
Weis Pharmacy
White Drug
Winn-Dixie Pharmacy

