

Disaster can strike at any time and without warning. By preparing in advance, you can help make sure you'll have the medications you need and one less thing to worry about in an emergency.

## Some Simple Tips

- Don't wait until you're almost out of medication to order more. Be sure to keep an adequate supply on hand. If a disaster forces you to leave your home, you'll need to take at least three days' worth of medication and supplies with you, and more if local authorities advise.
- Keep all your medications together so you can grab them quickly and take them with you if you need to evacuate.
- Make a list of your medications, and keep it in your wallet, along with your prescription drug ID card. This brochure includes a handy medication information card that you can use to record such information and other important facts that you may need to get your medication.
- Consider discussing your medication disaster plan with your doctor, especially if the medication you take has special shipping requirements or requires electronic equipment (such as a nebulizer) for administration.
- If you have a child who takes prescription medication on a regular basis, it's a good idea to speak with your child's daycare center or school about their plan for dealing with your child's medication and medication needs in an emergency.

## Additional Information

For more information, visit the following websites:

**American Red Cross**

[www.redcross.org](http://www.redcross.org)

**Florida Division of Emergency Management**

[www.floridadisaster.org](http://www.floridadisaster.org)

**Federal Emergency Management Agency**

[www.fema.gov](http://www.fema.gov)

And remember, as your prescription drug benefit manager, Medco is here to help.

*Medco's naming the above organizations does not imply or constitute endorsement, sponsorship or recommendation. Medco is not responsible for the content of these organizations' websites.*

[www.medco.com](http://www.medco.com)

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My doctor

Name: \_\_\_\_\_

Telephone number: \_\_\_\_\_

My participating retail pharmacy

Name: \_\_\_\_\_

Telephone number: \_\_\_\_\_

My local post office

Address: \_\_\_\_\_

Telephone number: \_\_\_\_\_

My toll-free Medco Member Services number:

**1-877-531-4793**

(If that number is unavailable, call 1-800-363-9334.)

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## Creating a Medication Disaster Plan



## Simple Tips for Planning Ahead

## How Medco Can Help

If you find yourself without your prescription medications during a disaster, we can help get them to you as soon as possible.

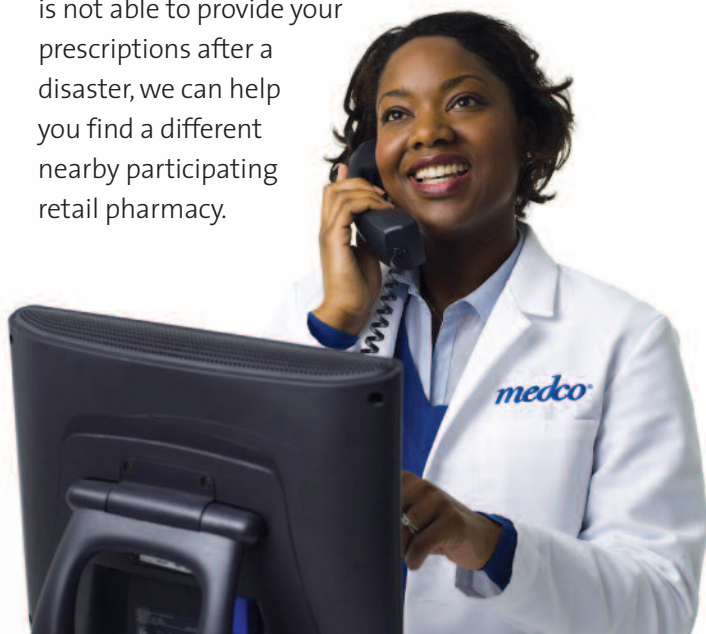
Call Medco Member Services toll-free at **1-877-531-4793**. If that number is unavailable, call us at **1-800-363-9334**.

### Mail order

If you are expecting medication and cannot get to your home, check with your local post office for delivery information. If the post office is holding your medication but the disaster prevents you from getting there, call the toll-free Medco Member Services number to arrange for shipping to an alternate address.

### Retail

We can also arrange for a short-term supply of your medication that you can pick up at a participating retail pharmacy. If your usual retail pharmacy is not able to provide your prescriptions after a disaster, we can help you find a different nearby participating retail pharmacy.



## Medication Information Card

Fill out the card below and keep it with your prescription drug ID card. That way, you'll have the information you need to get your medications during an emergency.

If other members of your household take medications on a regular basis, make copies of the card to use for their information, too.

**Planning ahead for your medications means one less thing to worry about in an emergency.**



### Medication I Take

*medco*®

List the drug name, strength (for example, 500 mg), dosage form (tablet, capsule or liquid) and directions for use for each medication you take.

Drug name: \_\_\_\_\_ Strength: \_\_\_\_\_

Dosage form: \_\_\_\_\_ Directions: \_\_\_\_\_

Drug name: \_\_\_\_\_ Strength: \_\_\_\_\_

Dosage form: \_\_\_\_\_ Directions: \_\_\_\_\_

Drug name: \_\_\_\_\_ Strength: \_\_\_\_\_

Dosage form: \_\_\_\_\_ Directions: \_\_\_\_\_

## Special Considerations

By developing an emergency plan, you'll be one step ahead in a disaster situation. Here are a few other things you can prepare for ahead of time:

### When medication requires refrigeration

Keep a cooler on hand that you can fill with ice so you can keep your medication at the proper temperature if you need to be away from your home.

### When medication requires electronic equipment for administration

Be prepared to take action. If the power goes out, you'll need to take at least three days' worth of medication and supplies with you (more if local authorities advise) to the closest hospital or shelter.

### When you must leave your home for a few days

Stock a disaster supply kit with any nonprescription medications you may need (for example, aspirin or other pain relievers, cold medicine and antacids). You may also want to keep a copy of your medication information card in this kit.

**Help is available anytime, day or night. Just call Medco Member Services toll-free at 1-877-531-4793.**

**If that number is unavailable, call us at 1-800-363-9334.**