

April Health and Wellness Information



Reducing the pain of vaccines

Vaccines are important for all ages. With the recent increases in Measles cases, it is particularly important to ensure your children are up to date with their vaccines. Measles, also known as Rubeola, is a very contagious viral infection that can lead to serious illness requiring hospitalization. The best protection is to be vaccinated with two doses of the vaccine. For more on measles [click here!](#)

Pain is a common side effect from getting a vaccine which can cause fear, stress, anxiety in both children and adults. There are ways to help reduce the pain such as the using numbing cream and patches prior to getting vaccinated. These products can be found in your pharmacy, over the counter, and without a prescription.

For more information and other tips check out these resources:

[Numbing Creams and Patches for Immunization](#)

[Needles Don't have to Hurt](#)


Have questions? Talk to Your PPN pharmacist!


[Find a Pharmacy](#)

Your Exclusive April Offers

SAVE NOW with this exclusive offer for Vivanta Preferred Pharmacy Benefits Program members!

Get 300 pts
when you spend \$50

Scene 



Start saving today!

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

*Conditions apply.

[Download Your Coupon](#)

A woman with long brown hair, wearing a black top, is smiling and looking towards the camera. She has a small white bandage on her left shoulder. The background behind her is a teal circle on a purple background.

Are you up to date on vaccinations?

Ask our pharmacists about an immunization review.

 **360Health** | *Sobeys*
PHARMACY & WELLNESS

Visit one of our pharmacies or [360 Health Pharmacy](#) today to learn more.

[Find a Pharmacy](#)

Member News



Enjoy the benefits!

Whether you are a direct Vivanta preferred network solution pharmacy customer or in partnership with your primary benefits carrier, you can enjoy the benefits, savings, and rewards as a member of an **Vivanta Preferred Pharmacy Benefits Program!**

Exclusive April offer: Preferred pricing/copay coverage on prescriptions filled at Vivanta PPN pharmacies (check with your plan administrator for details).

[Learn More](#)

Vivanta preferred network solution pharmacies include:



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



535 Portland Street, Unit 1, Dartmouth, NS B2Y 4B1
1.888.686.6427 admin@vivantahealth.ca

You received this message because the email address used in this mailing has consented to receive communications from Vivanta. Please do not reply to this email. Replies will not be read or forwarded for handling. If you received this email as a forward, we invite you to subscribe.

[Contact Us](#) | [Unsubscribe](#)

© Copyright 2025 Managed Health Care Services, Inc. All rights reserved.