

## February Health and Wellness Information



## February is Heart Month!

Heart disease refers to the accumulation of plaque in the heart's arteries and is the second leading cause of death in Canada. In time, plaque buildup can lead to a heart attack, heart failure and may be fatal.

About one in twelve Canadians aged 20 years and over have been diagnosed with heart disease.

The good news is lifestyle changes may significantly reduce your risk!

- Be physically active
- Eat a healthy diet – lots of fruits & veggies!
- Maintain a healthy weight
- Reduce stress
- Limit alcohol use
- Stop smoking

Good management of high blood pressure, high cholesterol and diabetes will reduce your risk of heart disease complications.

**Interested in reducing your heart disease risk? Talk to your Preferred Provider Network (PPN) pharmacist!**

[Book an Appointment](#)

Good news! Your exclusive February offer is now easier to use!

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

**Get 300 pts  
when you spend \$50**

**Scene<sup>+</sup>**



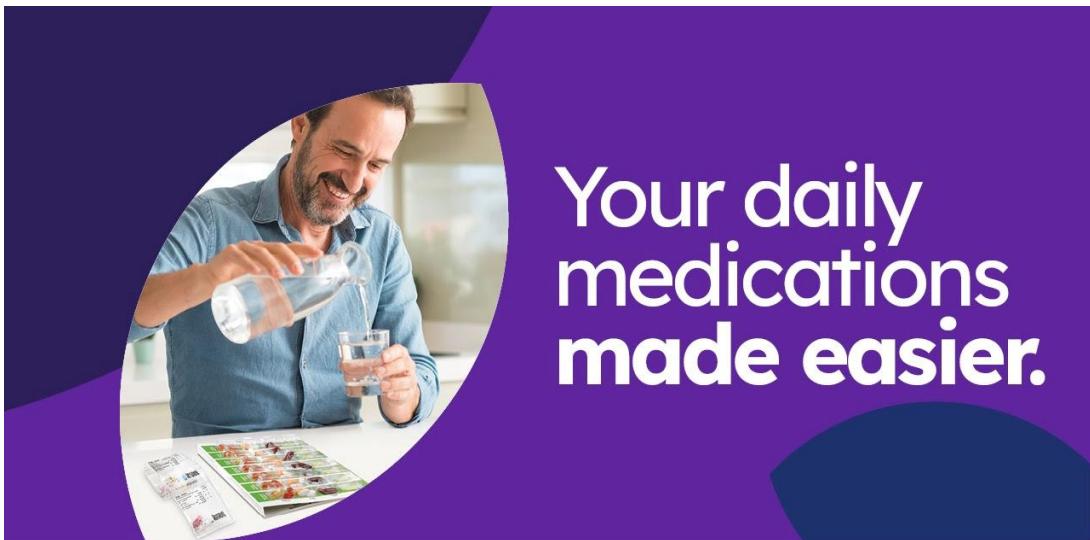
**Start saving today!**

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



\*Offer expires February 28, 2026. Valid at participating Sobeys, Safeway, Thrifty Foods, FreshCo, Chalo! FreshCo, Lawtons Drugs or Foodland locations. Not available at IGA Quebec. Coupon must be presented at time of purchase with Scene+ Card. Offer expires after a single use unless otherwise stated and cannot be used in combination with any other spend offers in a single transaction. Minimum spend must be spent in a single transaction and excludes taxes, delivery charges, bill payments, rental fees, gift cards, postal products and services, Western Union products and services, prescriptions, non-prescription pharmacy services, tobacco products, lottery, deposits, environmental charges, liquor, fuel, Tim Horton's, Starbucks, McCafé products and other goods and services which are non discountable or excluded by law. Trademarks of Scene+ Limited Partners Used under license of Sobeys Capital Incorporated.

Your Health News



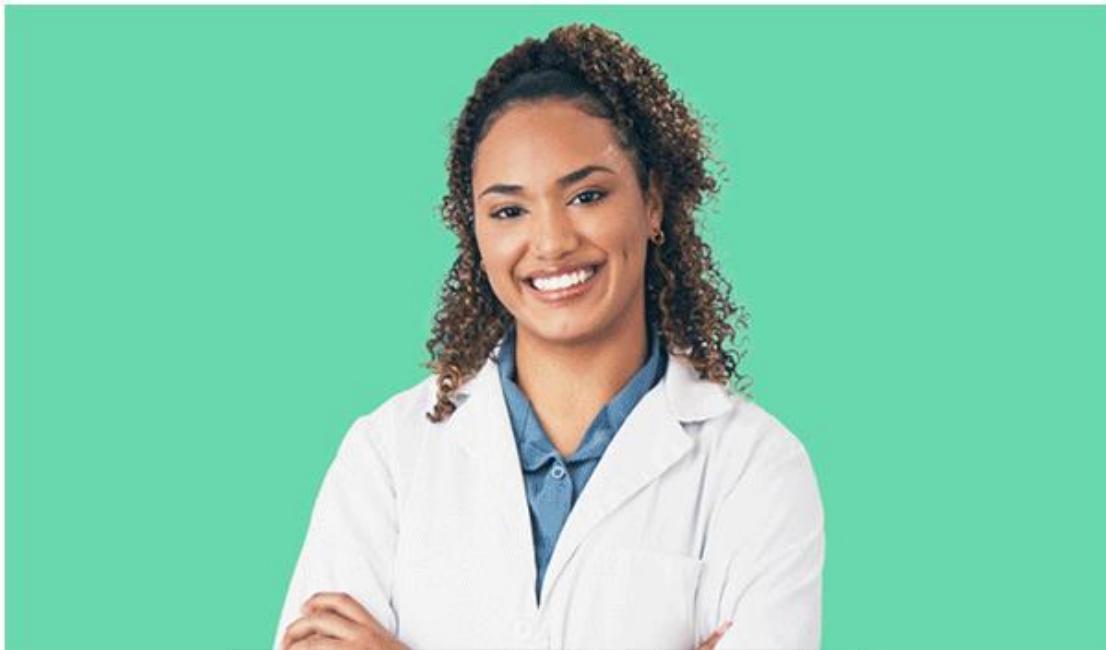
Your daily  
medications  
made easier.



Visit 360 Health Pharmacy to learn more about pharmacy services such as Custom Pill Packages and talk to your PPN pharmacist!

[Visit 360Health](#)

## 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 February 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](https://360healthpharmacy.ca)



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