

## March Health and Wellness Information



**March is  
Pharmacy  
Appreciation  
Month**



**Thank you to our  
pharmacy teams for the care,  
knowledge, and compassion  
you bring every day.**

## March is Pharmacy Appreciation Month

For Pharmacy Appreciation Month we would like to highlight the vital contributions that our pharmacy teams make to the health and wellness of our communities. Our pharmacists provide immunizations, blood pressure management, travel health consultations, prenatal support and prescribe for minor ailments.\*

Health coaching services provide you with personalized care to help you take charge of your health. Sobey's National Pharmacies offer:

- Diabetes Health Coaching
- Smoking Cessation Health Coaching
- Weight Management Health Coaching

Our new Pharmacist-Led Weight Management Health Coaching program includes:

- Initial Consultation: Review of medical history, lifestyle, and weight-related goals

- **Personalized Coaching Plan:** Tailored strategies for nutrition, physical activity, and behavioral change
- **Motivational Interviewing:** Support to build confidence and overcome barriers
- **Medication Review and Prescribing:** Access to weight-loss medications when clinically appropriate
- **Regular Follow-Ups:** Ongoing support to keep you motivated and accountable

**Want to learn more about Sobeys National Pharmacy's Pharmacy Services?** Visit 360Health or stop by one of our pharmacies and find out what our pharmacists can do for you. We are accessible, trusted community health professionals, and look forward to working with you!

\*Availability of services varies by province.

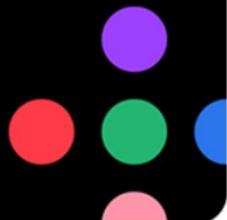
[Find a Pharmacy](#)

Good news! Your exclusive March 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+**



**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 March 31, 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



## A personalized pharmacy experience

✓ Get dietitian-approved\* grocery offers when you sign up for emails



\*These grocery offers are based on recommendations for diabetes management in the Diabetes Canada Clinical Practice Guidelines. The selections do not replace individualized advice from a healthcare provider.

[Sign up today!](#)

## 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 March 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)

**vivanta**

bringing pharmacy + health benefits to life

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