



## Disaster Preparedness and Emergency Planning

Please visit the following Web sites:

**Federal Emergency Management Agency**

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

**American Red Cross**

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

CVS Caremark does not operate the Web sites/organizations listed here, nor is it responsible for the availability or reliability of their content. These listings do not imply or constitute an endorsement, sponsorship or recommendation by CVS Caremark.



My doctor:

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

Phone: \_\_\_\_\_

My local retail pharmacy:

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

Phone: \_\_\_\_\_

My local post office:

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

Phone: \_\_\_\_\_

My Customer Care toll-free phone:

\_\_\_\_\_

Please cut along dotted line

## If You Use the CVS Caremark Specialty Pharmacy

Planning ahead will help you stay healthier. If you must leave your home during an emergency or natural disaster, plan on taking with you at least three days worth of medication and supplies. If local authorities advise, take additional days worth of medication and supplies. If your medication needs refrigeration, have a cooler handy to fill with ice so you can safely store your medication while you are away from home.

If you use an electric infusion pump and your electricity is off, pack three days worth of medication and supplies (or more as recommended by local authorities). Then go to the nearest hospital or shelter to get help until electricity is turned back on.

We care about your wellbeing during emergencies and natural disasters. Please phone your CareTeam as soon as you can to let them know how you are doing; the toll-free number is printed on the prescription label.

Trustmark has selected CVS Caremark to administer the pharmacy benefit portion of your plan.



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



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



## Being Prepared for an Emergency

**Medication Planning**



## In the Event of an Emergency or Natural Disaster

The storm and fire seasons can be stressful. To make sure that you are taking the best possible care of yourself during these times, we suggest using the following information to put together a proactive medication plan.

Once you have developed an emergency medication plan, you may want to have your doctor take a look at it, especially if you have complicated or hard-to-administer medications, like ones that need pumps or nebulizers.

You may also want to talk to your child's school or child-care center about their emergency plan for your child's medication.

## Emergency Plan Guidelines

- Keep all your medications in one place in your house, so if you need to evacuate you can quickly and easily take them with you.
- Stock your emergency kit with vitamins and over-the-counter medications you might need, such as pain relievers, antacids and cold-relief medications.
- Keep a list of your medications and health care providers in your wallet, along with your Prescription Card. You can use the wallet card in this brochure.

## If You Use the CVS Caremark Mail Service Pharmacy

If an emergency affects the regular mail service pharmacy that fills your prescriptions, we can electronically route your prescriptions to any of the other CVS Caremark Mail Service Pharmacy locations across the country.

If you do not have access to your prescription medications during a disaster, call the toll-free Customer Care phone number on your ID Card. If allowed by your plan, we can arrange for a short-term supply of your prescriptions to be picked up at a participating retail pharmacy.

If you are waiting for your medication to be shipped and cannot get to your home, check with your local post office for delivery information.



If your medication is being held at the post office and you cannot pick it up, call the toll-free Customer Care number on your ID Card. If you provide an alternate address, we can ship your medication to that location. If your medication is shipped with a cold pack, the Customer Care representative will help you determine how to get your medication sent to an alternate address.

## If You Use a Retail Pharmacy

If your local retail pharmacy is not able to serve you after a disaster, we can help you find another nearby participating retail pharmacy.

## Wallet Card

We've created this simple tool to help you manage your prescription and health care information during an emergency. Fill out and keep this card with your Prescription Card.

### My medications:

Record the **drug name, strength** (e.g., 10 mg, 20 mg), **dosage form** (e.g., pill, liquid, cream, etc.) and **directions for use** (e.g., take 1 tablet 3 times a day).

Drug Name \_\_\_\_\_ Strength \_\_\_\_\_

Dosage Form \_\_\_\_\_ Directions \_\_\_\_\_

Drug Name \_\_\_\_\_ Strength \_\_\_\_\_

Dosage Form \_\_\_\_\_ Directions \_\_\_\_\_

Drug Name \_\_\_\_\_ Strength \_\_\_\_\_

Dosage Form \_\_\_\_\_ Directions \_\_\_\_\_

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Dosage Form \_\_\_\_\_ Directions \_\_\_\_\_