

# Disaster Preparedness and Emergency Planning

Please visit the following websites:

**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 websites/ 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.

**Wallet Card** Fill out this wallet card and keep it with your prescription ID card so your prescription and health care information will be easy to access in the event of an emergency.

Doctor Name & Phone: .....

.....

.....

Pharmacy Name & Phone: .....

.....

.....

Customer Care Phone: .....

.....

.....



## If You Use:



### CVS Specialty™ Pharmacy

- **If you must leave your home during an emergency or natural disaster**, plan on taking at least three days' worth of medication and supplies with you (or more if recommended by local authorities). If your medication needs refrigeration, bring a cooler filled with ice to 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 if recommended by local authorities) and go to the nearest hospital or shelter until the 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 number is printed on your prescription label.

[Caremark.com](http://Caremark.com)



©2016 CVS Caremark. All rights reserved. This document contains confidential and proprietary information of CVS Caremark and cannot be reproduced, distributed or printed without written permission from CVS Caremark.

106-008715 091416



## Be Prepared for an Emergency

CVS Caremark® 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 share it with your doctor, especially if you have complex or hard-to-administer medications, such as those 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 ID card. You can use the wallet card in this brochure.

## If You Use:



### CVS Caremark Mail Service Pharmacy

If an emergency affects the mail service pharmacy that usually fills your prescriptions, we will route your prescriptions to another CVS Caremark Mail Service Pharmacy location.

If you do not have access to your prescription medications during a disaster, call the phone number on your prescription ID card. If allowed by your plan, we can arrange for a short-term supply of your medication(s) that you can pick up at an in-network pharmacy.

If your medication is being held at the post office and you cannot pick it up, call the number on your prescription ID card. A representative can help you get your medication shipped to an alternate address and, if necessary, help make arrangements for medications that require special handling, such as a cold pack.



### Your Local Pharmacy

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

**Wallet Card** Fill out this wallet card and keep it with your prescription ID card so your prescription and health care information will be easy to access in the event of an emergency.

**Medications:** Record the **drug name, strength** (e.g., 10 mg, 20 mg), **dosage form** (e.g., pill, liquid, cream).

**Drug** .....

Strength/Dosage .....

**Drug** .....

Strength/Dosage .....

**Drug** .....

Strength/Dosage .....

**Drug** .....

Strength/Dosage .....