

# THINK **act** be healthy

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## When filling a prescription, do you request a generic product?

### Why choose generics?

Generic medications are no different from brand-name medications in safety, effectiveness and quality. The biggest difference between generic and brand-name medications is cost.

Generic medications cost up to 75% less than their brand-name equivalents.



### What's in it for me?

Choosing generic medications not only helps protect the future viability of your group health benefit package but also helps in reducing your prescription costs and keep the cost of your benefit package in check.

### What can I do?

Whenever you require a prescription medication, Just Ask your doctor or PROfile Pharmacist if there is a generic available that is right for you!

## Generic Medications – Just Ask!

### Food for Thought...

### Sobeys Dietitians Have a World of Healthy Ideas for You

#### March is National Nutrition Month

#### Get the Real Deal on Your Meal!

#### Finding that cooking meals at home takes way too much time?

Getting a healthy, home-cooked meal on the table doesn't take as much time as you think. Simple, nutritious foods can make tasty meals and planning meals in advance lets you use your time wisely. For example, try making "planned extras" (leftovers on purpose) that can be used for another meal, or make big batches of food on weekends, freeze small portions and defrost on nights when time is tight.

Your PROfile Pharmacist has many health education resources and is always available to discuss your health concerns!



### Body & Mind

*When you need trusted, accurate, timely and practical nutrition advice, seek the advice of a registered dietitian.*

Do you know what each of your Medications are used for?  
If you have questions – Your PROfile Pharmacist has Solutions!

Book Your Medication  
Review Today!