



Be prepared for a natural disaster.



Medicine prep for a natural disaster

No one can stop a natural disaster, but you can prepare for them. That includes making sure your medicines are stored properly and are on hand during and following a natural disaster, a loss of power, extreme temperatures or flooding.¹ Use these tips to make sure you are ready just in case.

- Keep a current list of all your medicines including how much to take
- Keep a log of how much medicine you have left
- Place medicine in water-tight containers to avoid contact to floodwater
- Have ice handy for refrigerated medicines
- Contact your pharmacy for early refills in the event you cannot get to a pharmacy

If you are taking a life-sustaining medicine, such as insulin, an unrefrigerated medicine may be used until a new supply is available.

Temperature-sensitive medicines may lose strength if unrefrigerated. FDA officials suggest to replace immediately.

Pharmacists can help you in examining medicines for damage and help determine if a medicine should be thrown out. If the power has been out for an extended amount of time, refrigerated products should be thrown out.



¹ For more information on protecting your medicines during a natural disaster, you can go to the following website: www.fda.gov/drugs/emergency-preparedness-drugs/natural-disaster-preparedness-and-response-drugs. © 2019 Optum, Inc. All rights reserved. PHM14-19104



Home delivery recipients

IMPORTANT INFORMATION

Your order will ship as planned as long as you can get shipments at the address OptumRx has on file.

- UPS, USPS, and FedEx may have limited delivery or delays. Please visit the carrier website: www.usps.com, www.fedex.com or www.ups.com for more information on delays or restrictions in your area.
- Call OptumRX at 1-855-855-8751 for a shipment tracking number.
- If you will not get your delivery before your medication runs out, contact your doctor and ask them to send a prescription to a local retail pharmacy until your home delivery arrives.

If you need to leave your home, you can call 1-855-855-8751 to delay, rush, or ship to a temporary address. If you need a new prescription for your refill, contact your doctor or contact OptumRx at 1-855-855-8751.

- **Provide OptumRx with any update on a temporary shipping address.**
- **If you cannot reach your doctor, seek assistance in your temporary location.** An urgent care center or another local doctor's office may be able to assist you with filling a prescription at a retail pharmacy.

Keep this card with your first-aid kit or on your fridge for quick access.

