

January Health and Wellness Information



A Smoke-Free 2026

Smoking is a leading cause of preventable death. It harms nearly every organ in your body and makes you look older prematurely. Second hand smoke and thirdhand smoke (toxic residue that remains on surfaces) can harm your family and friends.

The good news is that your body starts to recover soon after quitting!

- 12 to 24 hours after quitting your risk of a heart attack is reduced and your sense of smell and taste begin to improve
- 2 weeks to 3 months after quitting your circulation improves and your lungs start to function better
- 1 year after quitting your heart disease is half that of a smoker's
- 10 years after quitting your risk of many cancers is half that of a smoker's
- 15 years after quitting your risk of heart disease is the same as a nonsmoker

There are over-the-counter products and prescription drugs that may help in your smoking cessation journey.

For more info on quitting visit: [The Advantages of Quitting Tobacco: A Healthier Future for Canadians | 360Health](#) and [Quit with Confidence: How to quit - Canada.ca](#)

When you are ready, talk to your pharmacist to come up with a smoking cessation plan that is right for you!

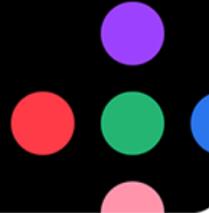
[Book an Appointment](#)

Good news! Your exclusive January 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**

Scen⁺



Start saving today!

Get 300 Scen⁺ 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 January 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 Scen⁺ 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 Scen⁺ Limited Partners Used under license of Sobeys Capital Incorporated.

Your Health News



A personalized pharmacy experience

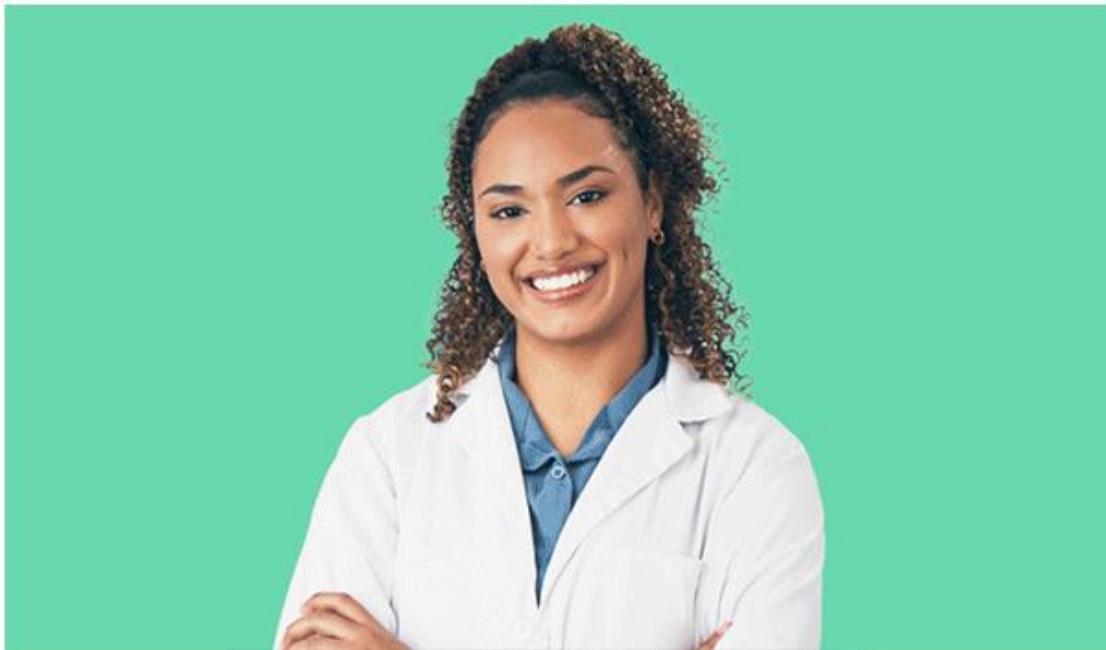
- ✓ Get dietitian-approved* grocery offers when you sign up for emails



*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 January 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



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