

Medication Kits: 3 Ways to Prepare!

It can be tricky putting together an emergency kit when you count on prescription drugs. We know it's important to keep pain relievers, stomach remedies, cough and cold medicines on hand. But, after a disaster, prescription drugs are key to your continued good health. They can help you stay independent for 7 to 10 days after a disaster.

Here are three steps you can take to make an emergency medication kit.

Step #1: Get a refill 3 to 7 days before your medication runs out.



- Put the extra medication into your emergency kit
- Keep on taking your medication as usual

Step #2: Request a vacation override from your insurance provider. (A vacation override lets you to refill your medication earlier or gives you extra medication.)



- If approved, you will get extra medications to put in your kit
- Continue to refill your medication at the normal time

Step #3: Order your medications by phone or online.



- If you are able to order a 90-day supply, you might save on the co-pay by getting it all at one time.
- Order a refill after 2 months
- Put the extra medication into your emergency kit

Repeat these steps until you have stockpiled at least a 7-day supply of medication in your emergency kit.

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