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. 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.

Home delivery recipients

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.