



# News Notes

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**VOLUME 16 | ISSUE 1 | SPRING/SUMMER 2020 | GUEST ARTICLE**



**EXPRESS SCRIPTS®**

## Ask the Pharmacist: Summer Rx Health

Summertime means many of us are spending more time outdoors, and our daily routines and schedules are disrupted by vacations, holidays and summer camp. While we all welcome the lifestyle changes that come with the season, it's important to consider how these changes affect those taking a chronic medication. Specialist pharmacists provide tips to make sure you and your medication are safe during the hot summer months.

### **Sun Exposure**

Since skin cancer has become the most common form of cancer in the U.S., there will be no shortage of tips on protecting yourself from ultraviolet radiation this season. (<http://www.cdc.gov/cancer/skin/>) What we don't hear often enough is that sun exposure could adversely affect a person using an over-the-counter or prescription medication.

Some medications affect your body's ability to stay hydrated and respond appropriately to heat, while others may cause skin sun sensitivity. For example, exposure to excessive sunlight can lead to adverse skin reactions with antibiotics, blood pressure medications, hormones and oral diabetic medications. Check medication labels for information about sun exposure, or ask your pharmacist or doctor if your medications make you more susceptible to heat exhaustion or sunburn. If so, you'll need to take extra precautions to protect your body like drinking plenty of fluids, limiting sun exposure and reapplying sunscreen.

### **Keeping Medications Safe**

Many patients receive their medication through home delivery. At Express Scripts, we use innovative technology to keep medication shipments safe. If your medication looks or smells different, call your doctor or specialist pharmacist to make sure the medication is safe for you to take.

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## Staying Adherent

Summer schedules, vacations and holidays impact daily routines, which could affect medication adherence. Prepare extra reminders on your smartphone so you can stay on track, especially when traveling. The Express Scripts mobile app can help you, too.

Be sure to pack a full supply of your medication, plus extra in case you experience travel delays. Keep all medication together and in the original containers. If your travels take you to a different time zone, you may need to alter your dosing regimen. Contact your pharmacist before you leave to learn more about any changes you may need to make.

## Preparing Children for Summer Camp

If your children attend camp this summer, ask about the camp's medication policy and familiarize yourself with their healthcare team. Instruct the camp about your child's medication regimen, including dosing and storage requirements. Also make sure your child is well-informed about her treatment.

For more information about your prescription benefit, visit [Express-Scripts.com](http://Express-Scripts.com) or the Express Scripts Mobile App (download our app for free). If you are a first-time visitor please take a moment to register. (Be sure to have your member ID number handy.) You can also call Member Services at the toll free number on your member ID card.

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