

Medication Kits: 3 Ways to Prepare!

It can be tough putting together an emergency kit, especially when you count on prescription drugs to stay well. Make sure to include extra prescription medicines in your plan. Having 7 to 10 days of a stored supply will help you stay independent and in good health 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 at least a 7-day supply of medication to store in your emergency kit.

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