



Health Matters

You and Your Pharmacist

Did you know your pharmacist can do much more than fill your prescriptions? A pharmacist can help you stay healthy in many ways.

A pharmacist can:

- ✓ Explain how to take your medicine
- ✓ Give advice about side effects
- ✓ Review your medication list
- ✓ Renew an ongoing prescription
- ✓ Give a flu shot
- ✓ Help you quit smoking
- ✓ Deliver medication
- ✓ Offer information and counselling



Your pharmacist is an important part of your health care team. Talk to your pharmacist today to take charge of your health and live healthier.



Visit [ABCHealthMatters.ca](https://www.abchealthmatters.ca) for more helpful resources.