

THE DAILY VITAMIN

Retiree Appreciation Day

Save the Date

Oct 20, 2012

Important Phone Numbers:

Clinic Pharmacy
Tel: (813) 827-9300
M-F: 0700-1630 pm

PharmaCARE Center
Tel: (813) 828-2226
M-F: 0830-1700 pm

Drive Thru-Refill Pick-Up Center
Tel: (813) 827-6764
M-F: 0830-1700 pm
S: 0900-1200 pm

Brandon Pharmacy Tel: (813) 827-9736
M-F: 0730-2000 pm

Mandatory Call-In Refill:
(813) 828-5367/ (800) 272-0201

-or-

TRICARE Online(TOL):
<https://www.tricareonline.com>

All Pharmacies will **CLOSE at noon** for Training Day:

- 19 Sep 12
- 17 Oct 12
- 21 Nov 12

All Pharmacies will be

- CLOSED:**
- 3 Sep 12
 - 8 Oct 12
 - 12 Nov 12
 - 22 Nov 12
 - 23 Nov 12

Medication Disposal

Is your medicine cabinet filled with expired medications or drugs you no longer use? Not sure what to do with them? Let us take care of them for you by properly disposing of them.

Due to changes in health conditions, drug allergies, adverse drug reactions, or non-compliance many people end up with excess or leftover medications accumulating in their medicine cabinets. Leftover medications can lead to accidental poisoning, diversion, misuse and abuse, or threats to

the environment due to improper disposal. So please help us in our efforts to protect your family, pets and the environment from harm, by properly disposing of your medications.

MacDill AFB Pharmacy has installed medication disposal bins for your convenience. They are located in the Main Clinic Pharmacy lobby, in front of the pharmacy window at the Brandon Clinic and in the lobby of PharmaCARE. The medication disposal bins are emptied weekly by a joint effort of pharmacy staff and

security forces staff.

What can go in the Medication disposal bins? Everything except for sharps (needles). Please make sure to black out or take off any personal information on the medications.

Before Throwing Away Medications:

1. Check instructions for proper disposal
2. Take them out of original containers
3. Mix them with an undesirable substance (kitty litter or coffee grounds)
4. Place them into a sealable bag or empty container
5. Remember to deface or scratch out the prescription label to protect your identity and privacy



THE DAILY VITAMIN

Formulary Updates

Additions:

Lisinopril 2.5mg

Methocarbamol 750mg

Diazepam 10mg

Calcium Carbonate w/
Vitamin D

Lotemax Ophthalmic ointment 0.5%

Requip 5mg

Rythmol SR 225mg

Tegretol XR 200mg

Vitamin D 1000 IU

Introducing Prescription Text Alerts

Would you like to be notified when your prescriptions are filled and ready for you to pick up? Try our new text message system at the PharmaCare. With this service you will be notified the minute your new prescriptions are ready. Leave us your mobile number when you drop off your prescriptions, then feel

free to run your errands or shop at the Exchange/Commissary. We'll send you a text message when your medications are ready to be picked up. As a reminder, new prescriptions will be available for pick up inside the PharmaCare until 5pm on the day you drop them off.



Transferring Prescriptions Made Easy

Transferring your prescriptions to the MacDill AFB pharmacy is quick and easy. Simply, give us your prescription information and we'll take care of the rest. Our pharmacies can transfer your prescriptions (both controlled and non-controlled) to our pharmacy from any civilian or Department of Defense pharmacy

upon verification from the original pharmacy. Prescription transfers to MacDill AFB are worked during normal duty hours and may require up to three working days to complete. If needed, an emergency supply of non-controlled medications may be provided so you don't miss any doses. So if

you and your family have just moved here from another base or if you are just visiting for a few months, we can take care of your pharmacy needs. For more information on transferring your prescriptions to us, talk to one of our helpful staff members.

What Pharmacy Does What???

Are you unsure of where to go when you have a prescription to pick up? Maybe this will help...

HOSPITAL/CLINIC:

All provider entered prescriptions at the hospital/clinic including SOCOM.

PHARMACARE:

All Civilian prescriptions from a civilian provider; paper or faxed.

REFILL PHARMACY:

Any prescription you call in to be refilled and you selected to pick it up at the drive thru refill pharmacy at MacDill AFB.

BRANDON:

All provider order entry prescriptions from a Brandon clinic provider, Civilian prescriptions from a civilian provider if

you were referred there by a Brandon clinic provider, and any refills that you called into the automated system and you selected to pick it up at Brandon clinic pharmacy.

New Prescriptions from a civilian providers can be processed in Brandon between 6-8 pm.

The Pharmacy welcomes your ideas and suggestions on how we may improve our services.

Find us online at

www.go.usa.gov/pml
for more information.

Stay Up to Date-Anywhere, Anytime

Be the first to know what's going on at the MacDill AFB pharmacy. Get up to date information on our services, medication formulary and hours of operation. In addition, you will find links to various websites that will assist beneficiaries in maximizing their pharmacy benefit, to include TRICARE and Express Scripts.



- Find us on the web! www.go.usa.gov/pml
- Follow us on Facebook! 6th Medical Group Pharmacy
- Follow us on Twitter! @MacDillPharmacy