

# Lifetime *Health*eNews

ROCHESTER

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## Urgent Care Holiday Hours

Urgent Care by Lifetime Health, same day care for urgent injuries and illnesses, offers holiday hours at three locations in the Rochester area. Urgent Care by Lifetime Health will be closed at all locations only on Christmas Day, Sunday, December 25.

Holiday hours are noted below. Individuals can call ahead at 585/338-1200 or TTY 585/336-4894 for a same day appointment or walk in to be seen.

**Joseph C. Wilson Health Center**  
800 Carter St.

**Saturday 12/24:** 9 am to 9 pm  
**Monday 12/26:** 9 am to midnight  
**Saturday 12/31:** 9 am to 10 pm  
**Sunday 1/1:** 9 am to midnight  
**Monday 1/2:** 9 am to midnight

**Marion B. Folsom Health Center**  
1850 Brighton-Henrietta TL Rd.

**Saturday 12/24:** 9 am to 6 pm  
**Monday 12/26:** 10 am to 8 pm  
**Saturday 12/31:** 10 am to 8 pm  
**Sunday 1/1:** 10 am to 8 pm  
**Monday 1/2:** 10 am to 8 pm

**Greece Health Center**  
470 Long Pond Rd.

**Saturday 12/24:** 9 am to 6 pm  
**Monday 12/26:** 10 am to 8 pm  
**Saturday 12/31:** 10 am to 8 pm  
**Sunday 1/1:** 10 am to 8 pm  
**Monday 1/2:** 10 am to 8 pm



## Lifetime Health Pharmacies: Safe, Convenient

With cold and flu season in full swing, Lifetime Health Medical Group's convenient, full-service pharmacies help you get the prescription and over-the-counter (OTC) medicines you need without all the driving you don't. The two Lifetime Health pharmacies in the Greater Rochester area offer competitive prices and save you the extra trip to a pharmacy after a doctor's visit. Pick up both your prescriptions and everyday OTC items like vitamins, pain reducers and cold medicines that can ease your cold and flu symptoms.

As a patient of Lifetime Health Medical Group, you can rest assured our pharmacists work closely with your primary care physician to make sure the medications are right for you. Your medical team submits your prescriptions to the pharmacy electronically, reducing handwriting interpretation errors and allowing for real-time information. The pharmacies regularly stock the most commonly used OTC medicines and the pharmacists can also help you choose one that meets your needs and is compatible with other medicines you are taking.



Stop by the pharmacy today to fill your new prescription, pick up an OTC or ask to have an existing prescription transferred to the Lifetime Health pharmacy of your choice. We offer phone or automated prescription refills and free mail delivery.

**Perinton Pharmacy:** 585/248-8340

**Wilson Center Pharmacy:** 585/338-4973

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[www.lifetimehealth.org](http://www.lifetimehealth.org)

## Alleviate Winter Allergy Woes

People typically think of spring and fall as the most allergy-inducing seasons due to triggers like pollen and ragweed, but winter can host a surprising number of allergens— most of which are found indoors. The holiday season in particular tends to create opportunities for allergies to flare up in the millions of Americans who suffer from them.

While it's a common misperception that people can be allergic to Christmas trees, it's actually the mold spores found on evergreens that are the allergens. Other common winter allergy triggers are food included in holiday celebrations, and dust or mold found on seasonal items that have been in storage.

Here are some recommendations to keep winter allergies at bay:



- Store live trees in the garage or an enclosed porch for about a week before putting them up so that they dry out; but be sure you keep the trunk in a bucket of water.
- Shaking out your tree can physically remove some allergens, and this service may be available at the tree farm.
- Some evergreen trees, such as cedar and junipers, may pollinate even in winter. Use a leaf blower (in a well ventilated outside area) to remove visible pollen before bringing the tree inside.
- For any kind of live evergreen tree, you can wipe the trunk thoroughly with a solution of warm water and diluted bleach (1 part bleach: 20 parts water) to get rid of mold.
- Clean any decorations that have been in storage before using. This includes artificial trees, which are subject to dust and mold.
- Use metal, plastic or glass decorations that cannot harbor dust mites.
- Wash fabric decorations in hot, soapy water.
- Use caution with artificial snow sprays. They can irritate your lungs if inhaled.
- Dust mites can be a problem during holiday travel. Take your own pillow with an allergen-proof cover.
- Inform the host of any holiday party you attend about your food allergies beforehand. Carry a self injectable epinephrine (EPI pen) in case you accidentally eat or come in contact with a food to which you are allergic.

*\*From the American Academy of Allergy, Asthma & Immunology and The Asthma and Allergy Foundation of America.*

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## Introducing: Prescription Club

We're happy to introduce a Prescription Club, for individuals who do not have prescription drug coverage. The club was designed to provide discount pricing on brand name and generic prescription medications.

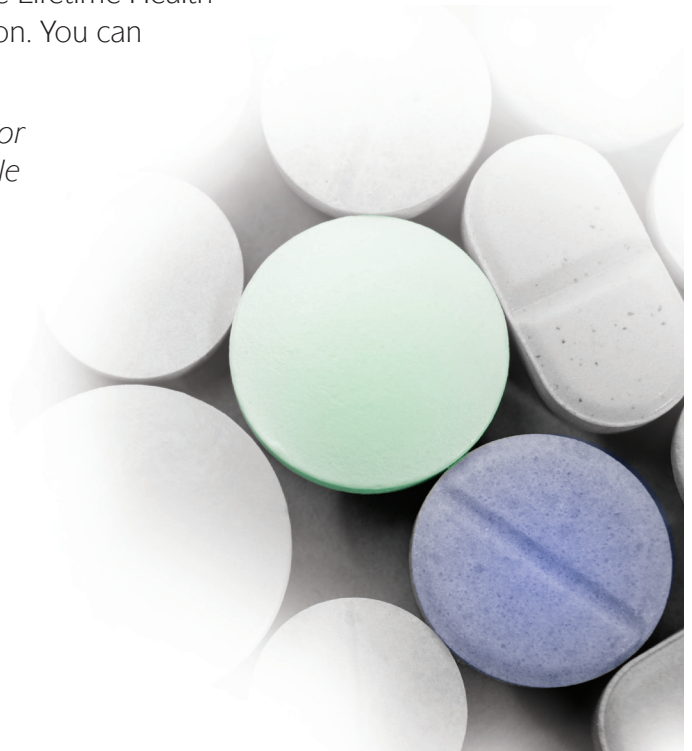
For a low annual fee of \$10 for an individual or family, members of the Prescription Club can save on more than 5,000 brand name and generic prescriptions and pay:

- \$4 for a 30 day supply of program generics
- \$10 for a 90 day supply of program generics
- A discounted cash price of drugs not included in the program.  
The discount will vary by drug and whether it's a brand or generic.

Each time a club member fills a new or refill prescription at one of the Lifetime Health Medical Group pharmacies, we will enter the prescription information into our online system, to verify club participation and automatically apply the Prescription Club price.

It's easy to become a member! Just stop by any one of the Lifetime Health Medical Group pharmacies to enroll or for more information. You can also call the pharmacy of your choice with any questions.

*Disclaimer: Patients with Medicare Part D, Medicaid, state or federally funded prescription plan coverage are NOT eligible for membership in the Prescription Club.*



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