



# COLUMBIA HEIGHTS PHARMACY PATIENT NEWSLETTER

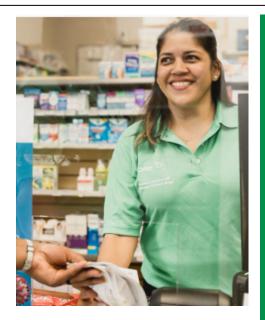
Sierra International Pharmaceutical Corporation

### Hello Columbia Heights Pharmacy Patients!

Hello, valued patients of Columbia Heights Pharmacy!

We're excited to bring your essential information to aid your health and wellness journey.

From updates on the newest medications to practical health tips and exclusive insights into our pharmacy programs, we've got everything you need.



### In this Newsletter, you'll discover:

- Pharmacy News and Updates: Stay informed about the newest medication approvals, key regulatory updates, and our latest milestones and accomplishments.
- Exclusive Programs and Promotions:

  Referral Program, Weight Loss Program, and Loyalty
  Program—each designed to offer outstanding value and support.
- Innovative Health Solutions: Experience our cuttingedge virtual consultations, providing exceptional pharmacy care right from your home. Find out how our pharmacy app can simplify your medication management, and discover the benefits of electronic prescriptions.

### Highlights from this Month's Newsletter

This November, Columbia Heights
Pharmacy introduces new wellness
bundles designed to simplify care and
support long-term health. Each bundle
includes a telehealth consult and a more
coordinated care.

- Weight Management Our new Weight Loss Bundle combines prescription therapy with metabolic and nutritional support. Designed for safe, consistent progress under clinician guidance.
- Hair Health The Hair Loss Bundle supports scalp health and regrowth through prescription treatment, Biotin, and vitamins that strengthen hair from root to tip.
- Hormone Balance Hormone therapy programs for men and women include personalized dosing with nutrient support such as Vitamin B, Magnesium, and Estrovera to restore energy and mood.
- Sexual Wellness The Sexual Health Bundle offers discreet, guided care that supports circulation, stamina, and overall confidence through prescription and supplement-based therapy.





### **SAFE & PERSONALIZED WEIGHT LOSS CARE**

WEIGHT MANAGEMENT AT COLUMBIA HEIGHTS PHARMACY

Your goals, your plan. Our weight management program combines medical expertise with pharmacist guidance to help you reach and maintain a healthy weight. Through telehealth, patients can access prescription options, professional support, and ongoing follow-up—all from home.

#### WHY WEIGHT **MANAGEMENT MATTERS**

Weight affects nearly every part of your health.

When weight isn't properly managed, it can lead to:

- · Increased risk of diabetes, heart disease, and stroke
- Joint pain and limited mobility
- Sleep problems and fatigue
- Emotional stress and low confidence

Proactive weight management helps prevent these complications and supports a better quality of life at every age.

### WHEN TO SEEK SUPPORT?

If you've noticed changes in your energy, metabolism, or weight that are difficult to manage on your own, it may be time to reach out for help.

Weight concerns can develop slowly and are often connected to other factors such as stress, sleep, hormones, or medications.

Early intervention makes weight management easier and more effective. Our pharmacy team can help you understand potential causes, recommend safe approaches, and connect you with licensed clinicians for further evaluation.

### INTRODUCING OUR WEIGHT LOSS BUNDLE

To make care easier, Columbia Heights Pharmacy created the Weight Loss Bundle, a comprehensive program designed to support safe, consistent progress.

Each bundle includes:

- Telehealth consult with a licensed clinician
- Prescription medication: Semaglutide, Sermorelin, or Tirzepatide
- GLP-1 Support Gummies, Probiotic, and NAD supplement
- Personalized meal plan and monthly follow-up









Price: \$100/month (Value \$250)

This includes telehealth visit and discreet shipping (up to \$10).

The Weight Loss Bundle helps patients stay consistent with clinical support, pharmacist follow-up, and treatments delivered directly to your door. You may speak with our pharmacist for more information.



#### **HOW TO GET STARTED** WITH TELEHEALTH?

Your health doesn't have to wait. With our trusted providers from the comfort of your

- Scan the QR Code to begin.
- NCPDP 0903345
- Complete your telehealth consult on your
- Receive your prescription and follow-up





### HEALTHIER HAIR, STRONGER CONFIDENCE

#### SUPPORTING HAIR GROWTH THROUGH PERSONALIZED CARE



Hair loss can affect anyone and is often linked to stress, hormones, or nutrient deficiencies. While shedding is natural, excessive loss may signal changes in scalp health, diet, or overall wellness. Addressing these causes early can help maintain strong, healthy growth and confidence over time.

#### UNDERSTANDING HAIR GROWTH

Hair growth happens in natural cycles. Each strand goes through phases of growth, rest, and shedding. While losing some hair every day is normal, stress, hormones, and nutrition can disrupt these cycles—causing slower regrowth or thinning.

Healthy growth depends on a balanced scalp, steady blood flow, and the right nutrients to support follicles. When these are maintained, hair grows stronger and fuller over time.

### WHY HAIR HEALTH MATTERS?

Healthy hair reflects internal balance. Good nutrition, stable hormone levels, and proper scalp care all play a role in maintaining growth.

When these are disrupted, it can lead to:

- Thinning or receding hair
- Breakage and dryness
- Slower regrowth
- Increased shedding

Understanding the cause of hair loss is key to finding effective, long-term solutions. Our pharmacy works with licensed clinicians to provide personalized support for patients experiencing hair loss. All prescriptions are made to order and shipped discreetly for privacy and convenience.

### INTRODUCING OUR HAIR GROWTH BUNDLE

The Hair Growth Bundle combines medical treatment with essential nutrients to promote scalp and follicle health.

Each bundle includes:

- Telehealth visit with a licensed clinician
- Hair-loss medication (30-day supply)
- Hair-growth vitamins to nourish and strengthen hair
- Biotin supplement for thicker strands
- Head & Shoulders Shampoo to maintain scalp balance





Price: \$184 (Value \$200)

Includes telehealth visit and discreet shipping (up to \$10).

This combination provides complete care — addressing both the internal and external factors that affect hair growth.



#### WE MADE HAIR GROWTH EASIER WITH TELEHEALTH

Safe, effective weight loss can start from the comfort of home. Our pharmacy makes it simple to take the first step:

- 1.Scan the QR code to begin your program.2.Use Columbia Heights Pharmacy Code:NCPDP 0903345
- Meet with a provider privately through a secure telehealth consult.
- 4. Receive your prescription and guidance on lifestyle, nutrition, and follow-up support.





### RESTORING BALANCE AND ENERGY



#### PERSONALIZED TREATMENT TO SUPPORT ENERGY AND WELLNESS

Hormones control many of the body's most important functions — energy, mood, metabolism, and even sleep. When hormone levels shift, you may notice changes that affect daily life, from fatigue and irritability to weight gain or low concentration.

#### YOUR HORMONES, YOUR HEALTH

Hormones control many of the body's most important functions — energy, mood, metabolism, and even sleep. When hormone levels shift, you may notice changes that affect daily life, from fatigue and irritability to weight gain or low concentration.

These imbalances can occur naturally with age or result from stress, diet, or medical conditions. Recognizing the signs early helps prevent symptoms from becoming long-term concerns.

### COMMON SIGNS OF HORMONE IMBALANCE

When hormone levels shift, your body often gives early warning signs. These changes may appear gradually but can affect your mood, sleep, and overall energy.

Some of the most common symptoms include:

- Feeling tired or unfocused, even after rest
- Mood changes, irritability, or low motivation
- Changes in weight or appetite
- Hot flashes or night sweats
- Trouble sleeping or feeling restless
- · Decreased libido or stamina

If several of these symptoms sound familiar, a clinician-guided hormone assessment may help identify the cause and restore balance safely.

### INTRODUCING OUR HORMONE HEALTH BUNDLE

The Hormone Health Bundle provides a complete, monitored plan to help restore energy and stability. Each bundle includes:

- Telehealth consult with a licensed clinician
- Estrogen Support (for women): Medication, Vitamin B, Magnesium, and Metagenics Estrovera
- **Testosterone Support** (for men): Medication, Vitamin B, and Men's Multivitamin
- **Bonus gift**: Choice of teeth-whitening gel or arousal cream



Price: \$164 (Value \$399)

Includes telehealth visit and discreet shipping (up to \$10).

This structured program helps patients regain focus, energy, and overall well-being under medical supervision.



### HORMONE HEALTH WITH

Safe, effective weight loss can start from the comfort of home. Our pharmacy makes it simple to take the first step:

- 1.Scan the QR code to begin your program.2.Use Columbia Heights Pharmacy Code:NCPDP 0903345
- Meet with a provider privately through a secure telehealth consult.
- 4. Receive your prescription and guidance on lifestyle, nutrition, and follow-up support.







# SUPPORTING INTIMACY AND WELL-BEING

HELPING PATIENTS ADDRESS COMMON CONCERNS WITH PRIVACY AND CARE

Sexual health is an important part of overall wellness. It affects energy, emotional balance, and quality of life — yet many people hesitate to bring it up with their provider. Addressing these concerns early can improve both physical and mental health outcomes.

### WHAT AFFECTS SEXUAL HEALTH?

Sexual function depends on healthy blood flow, hormone balance, and overall energy. When these systems are disrupted by stress, medication, or illness, it may lead to:

- Decreased libido or stamina
- Difficulty maintaining arousal
- Fatigue or low energy
- Mood changes or self-confidence concerns

These symptoms are more common than most realize, and in many cases, they can be improved with guided medical support.

#### SUPPORT THROUGH YOUR PHARMACY

Columbia Heights Pharmacy provides discreet, clinically guided care for patients experiencing sexual health changes.

Through a telehealth consult, you can speak privately with a licensed clinician, receive tailored medication options, and access supplements that support circulation, energy, and recovery.

All prescriptions are compounded to order and shipped confidentially for your comfort.

### INTRODUCING OUR SEXUAL HEALTH BUNDLE

The Sexual Health Bundle is designed to support both physical function and overall confidence through clinically guided care.

Each bundle includes:

- Telehealth visit with a licensed clinician
- Compounded troches (30-day supply) customized to your needs
- Nitric Oxide, Ginseng, Niacin, and CoQ10 to support blood flow and stamina
- Complimentary condoms and lubricant for added safety and comfort













Price: \$180 (Value \$200)

Includes telehealth visit and discreet shipping (up to \$10).

This complete approach helps patients feel more confident, supported, and in control of their well-being — privately and safely.



### HOW TO GET STARTED WITH TELEHEALTH?

Your health doesn't have to wait. With our telehealth services, you can connect with trusted providers from the comfort of your home

- Scan the QR Code to begin.
- Use Columbia Heights Pharmacy Code.
   NCPDP 0903345
- Complete your telehealth consult on your device
- Receive your prescription and follow-up care without leaving home.





### **GET BETTER SLEEP**

**QUALITY REST SUPPORTS MEMORY, FOCUS, AND OVERALL HEALTH.** 

Getting enough sleep is one of the most important parts of staying healthy. Good sleep supports your immune system, regulates hormones, and helps your body recover from daily stress.



At Columbia Heights Pharmacy, we formulated the **Sleep Health Bundle**. Unwind naturally with a soothing blend of supplements designed to support restful sleep, calm the mind, and restore energy overnight.

#### This includes:

- Melatonin (tablets or gummies)
  - helps regulate your natural sleep cycle
- Magnesium (Glycinate or Citrate)
  - relaxes muscles and eases nighttime tension
- L-Theanine (capsules)
  - promotes relaxation, focus, and stress relief

Bonus: Sleep tip card with nightly wellness reminders.

PACKAGE VALUE: \$42.56

### **GET IT FOR ONLY \$29.99**

This complete approach helps patients feel more confident, supported, and in control of their well-being — privately and safely. Talk to our pharmacist to get more information about the bundle.

# STRONGER IMMUNITY EVERY DAY

**BUILD A BETTER DEFENSE FOR A STRONGER IMMUNE SYSTEM** 



A healthy immune system protects you from everyday infections and helps your body recover faster when you're sick. Good nutrition, rest, and key vitamins work together to keep your immune response strong year-round. Low immunity can lead to fatigue, slow healing, and higher risk of illness — especially during seasonal changes.

Our **Immune Support Bundle** provides a daily boost of essential nutrients that strengthen your body's natural defenses:

- **Vitamin C** supports immune function and collagen repair
- Vitamin D3 promotes bone and immune health
- **Zinc** aids recovery and cell repair
- Vitamin A supports skin and respiratory health
- Selenium delivers antioxidant protection

Stay well and resilient with your daily immune support.

PACKAGE VALUE: \$42.56

### **GET IT FOR ONLY \$29.99**

This bundle helps you stay protected, energized, and supported throughout the year. Talk to our pharmacist to learn more about how it can strengthen your immune health.



### HOW TO GET STARTED WITH TELEHEALTH?

Your wellness and protection should be easy to manage. Columbia Heights Pharmacy makes it simple:

- 1. Scan the QR code to get started.
- 2. Use Columbia Heights Pharmacy Code: NCPDP 0903345
- 3.For intimacy care Ask about discreet options like Scream Cream through a private telehealth consult
- 4. For protection Visit us in person for your flu shot and updated COVID booster.



### Our Mobile App's Pill Identifier Feature

At Sierra International Pharmaceutical Corp, we're dedicated to streaming your medication management. Our mobile app's key feature, the Pill Identifier, allows you to effortless identify your medications, so you can be sure you're taking the correct pill at the right time.

### **How it Works:**

- Snap a Photo: Take a picture of any pill with your phone's camera.
- **Upload the Image:** Go to the Pill Identifier feature in our app and upload the photo.
- **Receive Immediate Information:** The app will display detailed details about the pill, such as its name, dosage and manufacturer.





### **Benefits:**

- Safety: Prevents risky mix-ups, especially when managing multiple medications.
- Peace of Mind: Helps you ensure accurate medication management.
- Prescription Refills: Easily reorder and monitor your prescriptions.
- Medication Reminders: Set alerts to remember your medication times.
- Drug Information: Access comprehensive details about your medications.
- **Health Tracking:** Keep track your health progress and adherence.

Our app, with the innovative Pill Identifier, is like having a mini-pharmacist in your pocket. Download it today for a safer, more convenient medication management experience.

### Refilling your prescriptions is now easier than ever with our FREE app.







Refill 24/7, set reminders, save on medications and access your account from the new PocketRx mobile app.

### Text me the FREE app now

You'll receive a one-time text with a link to PocketRx app pre-configured for Sierra International Pharmaceutical Corporation.

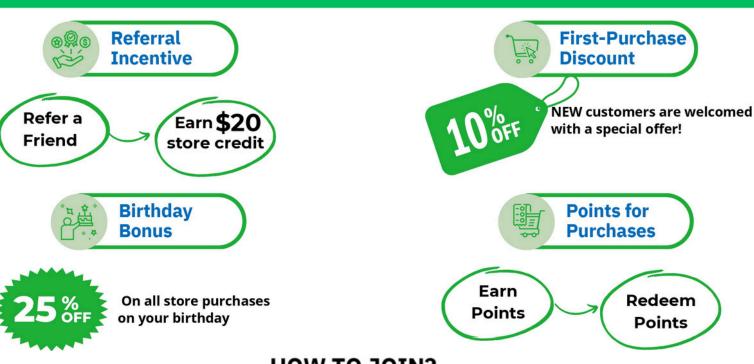




### At Columbia Heights Pharmacy,

we value your loyalty and we strive to reward you for choosing us as your healthcare provider.

### SIPC Loyalty Program



### **HOW TO JOIN?**

Join our Loyalty Program Today! Call us to enroll or visit us anytime to sign up and start enjoying the benefits.

#### THANK YOU FOR CHOOSING US!

**Our Location** 

### **COLUMBIA HEIGHTS PHARMACY**

202-232-1455 M-F 9:30am-6:00pm **3316 14th St NW, Washington, DC 20010** 



YOUR WEIGHT LOSS JOURNEY STARTS HERE WITH GLP-1 SEMA INJECTIONS!

### **CLINIC HIGHLIGHTS:**

- Expert guidance on nutrition and exercise
- Regular virtual check-ins to monitor progress
- Once-weekly tailored GLP-1 Sema injections for safe and efficient weight loss.

### WHY CHOOSE OUR TELEMEDICINE CLINIC?

Access top-notch weight loss support from the comfort of your home.

Convenient telehealth consultations with experienced weight loss specialists.

Personalized GLP-1 Sema injection plans for effective and sustainable results.



BOOK A FREE CONSULTATION HERE TO LEARN HOW SIERRA WEIGHT LOSS CLINIC CAN HELP YOU ACHIEVE YOUR GOALS



#### MORE INFORMATION

sierraweightloss.co

202-701-1943

info@sierraweightlossclinic.com

@sierraweightlossclinic 0

Sierra Weight Loss Clinic







LOVE SIPC PHARMACY?

## REFER US!

### & YOU SAVE!

Refer a friend or family member, and you will get \$20 store credit for OTC purchases when they have 2 or more prescriptions transferred.\*

Refer

**Transfer** 

Save







EASY TRANSFERS, JUST CALL!

### COLUMBIA HEIGHTS PHARMACY

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