



COLUMBIA HEIGHTS PHARMACY PATIENT NEWSLETTER

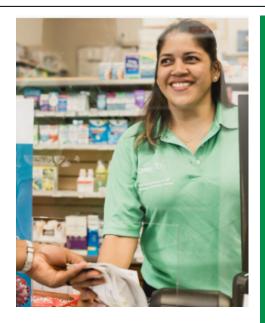
Sierra International Pharmaceutical Corporation

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 October, we're focusing on health topics that support awareness, prevention, and self-care. Here's how you can take action:

- Telehealth Services Connect with a provider from the comfort of home. From prescription refills to personalized wellness support, our telehealth program makes care more convenient and private.
- Weight Loss Support Start your health journey with proven, prescription-based options available through telehealth. Safe, effective treatments designed to help you reach your goals.
- Women's Intimacy Care Intimacy is part of wellness. Discreet solutions like prescription Scream Cream support sensitivity, confidence, and connection.
- Flu & COVID Vaccines Protect yourself this season with a flu shot or updated COVID booster. Quick, convenient, and available inpharmacy.
- Mental Illness Awareness Week (Oct 6–12) Caring for your mental health is just as important as caring for your body. Learn more about available resources and start the conversation about support and awareness.





BETTER CARE WHEREVER YOU ARE

TELEHEALTH AT COLUMBIA HEIGHTS PHARMACY

Your health, your way. With telehealth, care comes to you: whether you need prescription refills, private consults, or support starting a new health program. And for patients ready to take control of their weight, telehealth makes it simple to get started with safe, prescription-based options.

WHAT IS TELEHEALTH?

Telehealth is healthcare delivered online, giving you access to trusted providers from your phone, tablet, or computer: no waiting rooms, no travel.

With telehealth, you can:

- Meet with a provider privately from home
- Get prescriptions filled and delivered to your pharmacy
- Access weight loss programs, routine care, and more
- Ask questions in a safe, judgment-free space

YOUR PHARMACY IS HERE TO HELP

Whether it's everyday prescriptions, long-term programs, or specialty care, our team is here to make the process simple, safe, and personal.

- Book your telehealth consult Start from home, on your schedule.
- **Get prescriptions filled** Access safe, effective treatments delivered quickly and conveniently through our pharmacy.
- Stay on track With refill reminders, pharmacist check-ins, and guidance to keep you moving forward.

Scan the QR code below to get started and take the next step in your health journey.

WHY TELEHEALTH MATTERS?

Telehealth isn't just convenience. It's about better access to care. It makes healthcare more flexible, more personal, and designed to fit your life, not the other way around.

- Removes barriers No need to miss work, arrange childcare, or travel long distances for appointments.
- **Supports privacy** Perfect for sensitive concerns like weight loss or women's health.
- Improves consistency Easier check-ins mean you're more likely to stay on track with your care plan.
- Expands access Connects you with trusted providers, even if local specialists aren't available.

WHEN TO USE TELEHEALTH?

Telehealth is useful for everyday needs, not just emergencies. You might choose a virtual visit when:

- You need a quick prescription refill
- You'd like a private consult about weight loss or women's health
- You have a simple health question but no time to travel
- You're managing a chronic condition and need regular check-ins
- You want an easy follow-up visit after starting a new treatment



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





SAFE & PERSONALIZED WEIGHT LOSS CARE

SUPPORT AND PROVEN CARE TO HELP YOU REACH YOUR GOALS.



At Columbia Heights Pharmacy, weight loss isn't about quick fixes. It's about building long-term health, energy, and confidence. Through telehealth, we provide safe, prescription-based GLP-1 programs with personalized support every step of the way.

UNDERSTANDING PRESCRIPTION WEIGHT LOSS MEDICATION

Some of today's most effective weight loss treatments belong to a class of medicines called **GLP-1** receptor agonists. These medications were originally developed to help people manage blood sugar, but research has shown they also play a powerful role in controlling appetite and *supporting weight loss*.

GLP-1s work by mimicking a natural hormone in the body that helps you feel full sooner, reduces cravings, and keeps blood sugar steady. When paired with healthy eating and lifestyle changes, they can lead to steady, sustainable results.

HOW DOES IT WORK?

Some prescription medications are designed to work with your body's natural signals to support weight management. They can:

- Help control appetite and reduce cravings so you feel satisfied with less food
- Promote steady, sustainable weight loss instead of quick fixes
- Support healthy blood sugar and energy levels throughout the day
- Work best when paired with balanced eating, regular activity, and lifestyle changes

WHY SUPPORT MATTERS IN WEIGHT LOSS

Lasting weight loss is never just about the medication. True success comes from combining treatment with the right tools and encouragement. At Columbia Heights Pharmacy, we're here to help by providing:

- Simple tools to track your food, mood, and progress
- Practical guidance on hydration, nutrition, and supplements
- Regular check-ins and refill reminders to keep you accountable
- A care plan that adapts to your lifestyle and personal goals

YOUR PHARMACY IS HERE TO HELP

We're committed to walking alongside you on your journey:

- Book your consult Meet privately from home, at a time that works for you
- Get your prescription Access safe, effective weight loss treatments through our pharmacy
- Stay on track Benefit from refill reminders, pharmacist check-ins, and ongoing support

You can also speak directly with our pharmacists in-store at Columbia Heights Pharmacy for questions, support, or over-the-counter recommendations.



WE MADE WEIGHT LOSS 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
- 3. Meet with a provider privately through a secure telehealth consult.
- 4. Receive your prescription and guidance on lifestyle, nutrition, and follow-up support.





CONFIDENCE IN EVERY PART OF HEALTH

DISCREET SOLUTIONS FOR SENSITIVITY AND CONFIDENCE.

Intimacy isn't just about physical connection; it's part of your overall health and well-being. For many women, changes in sensitivity or response can affect confidence and closeness with their partner.



At Columbia Heights Pharmacy, we provide discreet prescription options, including **Scream Cream**, designed to:

- Support sensitivity and responsiveness
- Promote comfort and confidence
- Strengthen intimacy and connection

Wellness includes Intimacy too

Intimacy care should feel simple, private, and judgment-free. Our team is here to make that possible with:

- **Private Care:** Consult from home or speak directly with our pharmacists in confidence.
- **Personalized Options**: Treatments tailored to your needs, not one-size-fits-all.
- **Ongoing Guidance**: Support to help you feel comfortable, confident, and connected.

PROTECT YOURSELF, PROTECT OTHERS

STAY SAFE THIS SEASON WITH QUICK. CONVENIENT PROTECTION.



Every year, flu and COVID continue to impact our community. Vaccines remain the best way to lower your risk, avoid serious illness, and keep those around you safe. At Columbia Heights Pharmacy, we make it simple to get the care you need, right when you need it.

WHY VACCINES MATTER?

Vaccines are a key part of staying healthy, especially during flu season and as new COVID variants appear. They protect you, your loved ones, and the wider community.

Here at Columbia Heights Pharmacy, we make it easy to protect yourself and those around you.

- **Flu Shots** Lower your chances of getting sick and reduce the risk of serious complications, especially for children, older adults, and those with chronic conditions.
- **COVID Boosters** Staying up to date keeps your protection strong against new variants and helps prevent severe illness.
- Community Health Vaccination doesn't just protect you; it also helps safeguard family, friends, coworkers, and neighbors.



WELLNESS & PROTECTION USING 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 telebealth consult
- 4. For protection Visit us in person for your flu shot and updated COVID booster.





MENTAL ILLNESS AWARENESS WEEK

Mental health is a vital part of overall well-being. This week is dedicated to raising awareness, reducing stigma, and encouraging open conversations about mental illness. At Columbia Heights Pharmacy, we're committed to supporting both mind and body health.

WHAT IS MENTAL ILLNESS?

Mental illness refers to conditions that affect mood, thinking, and behavior. These can range from anxiety and depression to more complex conditions. With the right support, treatment, and community care, people living with mental illness can lead fulfilling lives.

Common signs may include:

- Persistent sadness or hopelessness
- Excessive worry or fear
- Withdrawal from friends or activities
- Difficulty concentrating or making decisions

CAN IT BE PREVENTED?

Mental illness isn't always preventable, but many conditions can be better managed with early awareness and support. Healthy habits like regular sleep, balanced nutrition, exercise, and stress management, can reduce risks.

Just as important are open conversations and timely professional care, which can lessen the impact and help people maintain overall well-being.

WHY DOES AWARENESS MATTER?

Awareness reduces stigma, encourages early help, and strengthens support systems.

Research shows:

- Early action improves outcomes
- Education builds understanding
- Community support aids recovery

HOW TO TAKE CARE OF YOUR MENTAL HEALTH

Everyday habits can support your emotional wellbeing and make it easier to cope with stress:

- **Prioritize Sleep** Aim for regular rest to recharge your mind and body.
- **Stay Active** Gentle movement, like walking or stretching, can improve mood and reduce anxiety.
- Eat Balanced Meals Nutritious food helps fuel both physical health and brain function.
- **Stay Connected** Spend time with friends, family, or supportive communities to avoid isolation.
- Ask for Help Whether through counseling, your doctor, or our pharmacy team, reaching out is a sign of strength.

At Columbia Heights Pharmacy, we're here to connect you with resources, guidance, and medication support to help you feel your best.

YOUR PHARMACY IS HERE TO HELP

At Columbia Heights Pharmacy, we care about both your physical and mental health. Our team is here to guide you toward the right resources and provide ongoing support.

- **Start the Conversation** Share any questions or concerns with us in a safe, judgment-free space.
- Explore Resources We can connect you with local counseling services, crisis lines, and mental health programs.
- **Medication Support** Our pharmacists can explain treatment options, manage refills, and answer questions about side effects.
- **Telehealth Services** Connect with a provider from home for private consultations and care.
- **Stay Connected** Regular check-ins and follow-ups help you stay consistent with your care plan.

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.

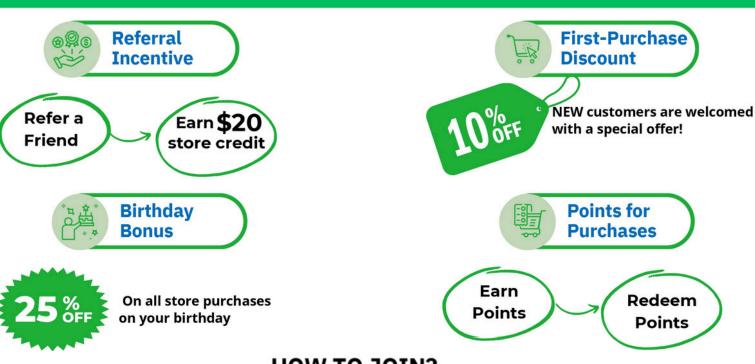




At Columbia Heights Pharmacy,

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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