



# 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.



### Highlights from this Month's Newsletter

This **December**, Columbia Heights Pharmacy is spotlighting our telehealth compounding service and two wellness bundles built to help you stay healthy through the holidays. Each bundle includes a telehealth consult and personalized guidance for ongoing support.

- **Telehealth Compounding** – Access customized prescriptions from home. Quick consults, easy ordering, and fast delivery make it simple to stay on track during the busiest time of year.
- **Immunity Bundle** – Designed to support your body's natural defenses. This bundle includes targeted immune supplements and prescription options that help keep you strong through cold and flu season.
- **Sleep Bundle** – Poor sleep affects energy, mood, and recovery. This bundle combines prescription sleep support with natural nighttime formulas to help improve rest and reset your sleep routine.

### *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 cutting-edge 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.



# YOUR MEDICATION TAILORED FOR YOU

**QUICK TELEHEALTH CONSULTS AND COMPOUNDED  
MEDICATIONS PREPARED TO MATCH YOUR NEEDS.**

Our telehealth compounding service offers a simple way to get medication crafted to your needs. Through virtual appointments, you can discuss concerns, review treatment options, and receive prescriptions designed to support your wellness.

## WHAT IS TELEHEALTH COMPOUNDING?

Telehealth compounding gives you access to personalized prescriptions without visiting the pharmacy. Through a quick virtual consult, our clinicians review your needs and prepare medication tailored specifically for you.

Compounded medications can support:

- Weight management
- Hormone balance
- Sleep improvement
- Immunity support
- Sexual wellness
- Hair loss treatment

Consults are secure, simple, and designed to fit your schedule.

## WHY DOES TELEHEALTH COMPOUNDING MATTERS?

Telehealth removes the stress of appointments and waiting rooms. It gives you quicker access to care and keeps treatment consistent through the holiday rush.

Patients report better follow-through, more comfort discussing private concerns, and fewer delays or missed refills. A smoother process leads to better results.

## OUR TEAM IS HERE TO HELP YOU!

Columbia Heights Pharmacy Team is here to help! You're not doing this alone. Our team supports every step of the telehealth and compounding process.

1. **Talk With Us** – Share your concerns during a short virtual consult.
2. **Personalized Medication** – We prepare compounded prescriptions based on your needs and goals.
3. **Easy Pickup or Delivery** – Your medication can be shipped to your home.
4. **Stay On Track** – We help with refills, follow-ups, and ongoing support.

## SUPPORT FOR EVERY HEALTH NEED

Telehealth compounding is private, convenient, and designed around real life. Whether you're managing sleep, immunity, weight, hormones, or day-to-day wellness, we're here to make care easy.

Let's help you stay healthy and supported this season.

## 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.





# BETTER SLEEP, BETTER HEALTH

SUPPORTING REST AND RECOVERY THROUGH PERSONALIZED CARE



Sleep plays a major role in your energy, mood, memory, and overall well-being. When your sleep cycle is disrupted, it can affect immunity, hormone balance, focus, and daily functioning. Addressing poor sleep early can help restore balance and improve long-term health.

## UNDERSTANDING SLEEP HEALTH

Healthy sleep follows a natural cycle of winding down, deep rest, and recovery. Stress, screen time, poor habits, hormones, or nutrient deficiencies can interrupt these cycles, leading to trouble falling asleep, frequent waking, or waking up tired.

Restful sleep depends on a calm mind, relaxed muscles, and balanced nighttime hormones. When these are supported, sleep becomes deeper, more consistent, and more restorative.

## WHY BETTER SLEEP MATTERS?

Quality sleep helps regulate hormone levels, support immune function, and improve memory and focus. When sleep is disrupted, it may lead to:

- Low energy
- Mood changes or irritability
- Difficulty concentrating
- Weakened immunity
- Increased stress

Improving sleep is one of the most effective ways to boost health naturally. Our pharmacy provides personalized support and telehealth care to help patients rebuild healthy sleep patterns safely and discreetly.

## INTRODUCING OUR SLEEP BUNDLE

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.

## WE MADE SLEEP EASIER TO START

Safe, natural sleep support begins with simple steps. Our pharmacy team is here to help you get what you need for deeper, more restful nights.

- Visit Columbia Heights Pharmacy and ask for the Sleep Bundle.
- Speak with our staff if you need guidance on the ingredients or how to use them.
- Enjoy improved rest with consistent use and supportive sleep habits.

Visit [{{landing page}}](#) to know more about our other health bundles.



# A STRONGER BODY STARTS WITH STRONGER IMMUNITY

BUILD A BETTER DEFENSE FOR STRONGER DAILY HEALTH



A healthy immune system works 24/7 to protect you from infections and help your body recover quicker. Good nutrition, quality sleep, and key vitamins all play a role in keeping your defenses strong throughout the season.

## WHY YOUR IMMUNITY MATTERS

A strong immune system helps you stay healthy, recover faster, and protect your body from seasonal illness. During colder months and high-stress periods, your immune defenses can weaken, making support even more important.

Common signs of lowered immunity include:

- Frequent colds
- Slow recovery
- Low energy
- Increased stress or burnout

Supporting your immune system helps you stay active and feel your best.

## SUPPORT YOUR HEALTH ALL SEASON LONG

The Immunity Bundle makes it simple to stay healthy and protected, especially during busy months. With personalized care, convenient access, and ongoing guidance, your immune system gets the support it needs—every day.

## INTRODUCING OUR IMMUNITY BUNDLE

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.

## WE MADE IMMUNE SUPPORT EASY TO ACCESS

Strengthening your immunity doesn't have to be complicated. Our pharmacy makes it simple to stay protected throughout the season.

- Stop by Columbia Heights Pharmacy and request the Immunity Bundle.
- Our team can explain each vitamin and how it supports your immune system.
- Ask us anytime for follow-up guidance or additional immune support options.

Visit [our landing page](#) to know more about our other health bundles.

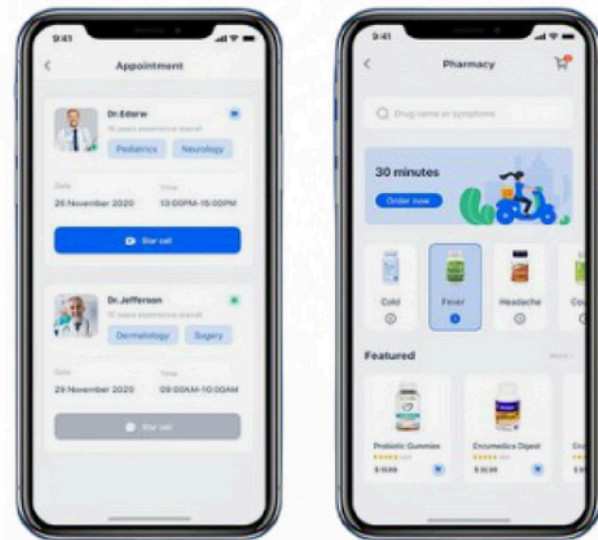


# Our Mobile App's Pill Identifier Feature

At Sierra International Pharmaceutical Corp, we're dedicated to streamlining your medication management. Our mobile app's key feature, the Pill Identifier, allows you to effortlessly 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.

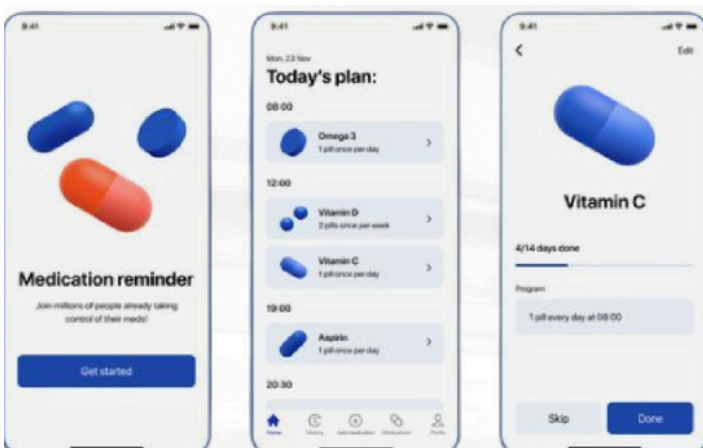


## Benefits:

- **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.





Columbia Heights Pharmacy



At **Columbia Heights Pharmacy**,  
we value your loyalty and we strive to reward you for  
choosing us as your healthcare provider.

# SIPC Loyalty Program



**Referral  
Incentive**

Refer a  
Friend

Earn **\$20**  
store credit



**First-Purchase  
Discount**



NEW customers are welcomed  
with a special offer!



**Birthday  
Bonus**



On all store purchases  
on your birthday



**Points for  
Purchases**

Earn  
Points

Redeem  
Points

## 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**



# 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**

202-232-1455

M-F 9:30am-6:00pm

**3316 14th St NW, Washington, DC 20010**