



Sierra International Pharmaceutical Corporation  
Capitol Hill Pharmacy · Columbia Heights Pharmacy · Neighborhood Pharmacy



# SIERRA INTERNATIONAL PHARMACEUTICAL CORP PATIENT NEWSLETTER

*Sierra International Pharmaceutical Corp*

## Hello SIPC Patients!

Hello, valued patients of SIPC at Columbia Heights Pharmacy, Neighborhood Pharmacy, and Capitol Hill 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.

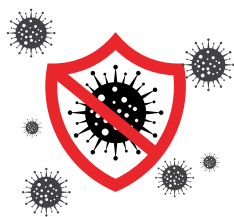


## In this Newsletter, you'll discover:

- **Pharmacy News and Updates:** Stay informed about the newest medication approvals, key regulatory updates, and our latest milestones and accomplishments.
- **Exclusive Programs and Promotions:** 1. 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.

## Important Highlights from This Month's Newsletter

As we step into flu season, it's important to stay ahead and be prepared. In our latest newsletter, we focus on keeping you informed and protected with all the essential updates regarding flu prevention, symptoms, and treatments. From vaccination recommendations to tips for boosting your immune system, we've got you covered.



# SIPC: Flu Prevention & Care Guide



## PREVENTION TIPS:



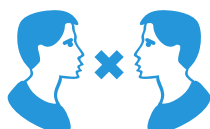
### 1. Get Vaccinated

The flu vaccine is your best defense. It helps reduce your chances of getting the flu and can lessen the severity if you do catch it. Make sure to get vaccinated early in the season.



### 2. Wash Your Hands Frequently

Use soap and water, scrubbing for at least 20 seconds. If soap isn't available, use a hand sanitizer with at least 60% alcohol. Clean hands are key to stopping the spread of germs.



### 3. Avoid Close Contact

Stay away from people who are sick, and if you're sick, keep your distance from others. This is especially important in crowded places like offices, schools, or public transportation.



### 4. Boost Your Immune System

Maintain a healthy diet rich in fruits, vegetables, and whole grains. Get enough sleep, exercise regularly, and manage stress to keep your immune system strong.



### 5. Cover Coughs and Sneezes

Use a tissue or your elbow to cover your mouth and nose when coughing or sneezing, and dispose of tissues immediately. This helps prevent the spread of flu viruses to those around you.



### 6. Disinfect Common Surfaces

Regularly clean and disinfect frequently touched surfaces like doorknobs, keyboards, and phones, especially if someone in your household is sick.



# SIPC: What to Do If You Get the Flu



## 1. Stay Home and Rest

If you're feeling flu-like symptoms, stay home and avoid close contact with others. Rest and hydration are key to recovery.



## 3. Take Over-the-Counter Medications

To relieve symptoms like fever, headache, and muscle aches, consider over-the-counter medications such as ibuprofen or acetaminophen.



## 2. Stay Hydrated

Drink plenty of fluids such as water, herbal teas, and soups to stay hydrated and soothe a sore throat.



## 4. Consult a Doctor if Necessary

If you're in a high-risk group (young children, elderly adults, pregnant women, or those with chronic illnesses), contact your healthcare provider early on for guidance, as antiviral medications may help reduce the severity and duration of the flu.



## When to Seek Emergency Medical Attention

Seek immediate medical attention if you or a loved one experiences:

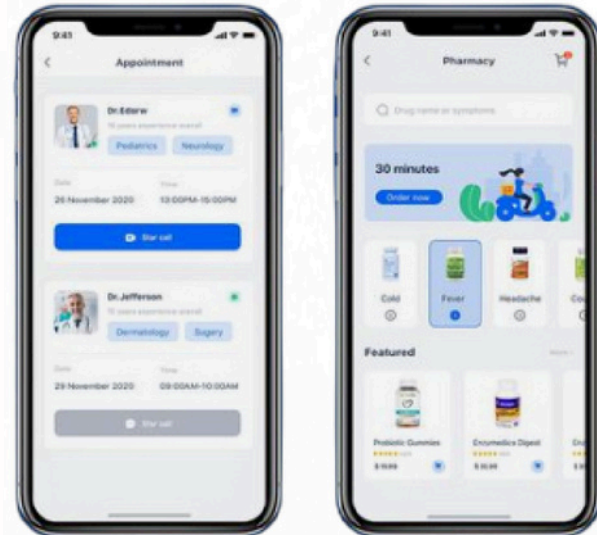
- Difficulty breathing or shortness of breath
- Chest pain or pressure
- Severe or persistent vomiting
- Sudden dizziness or confusion
- Severe muscle pain

# 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.

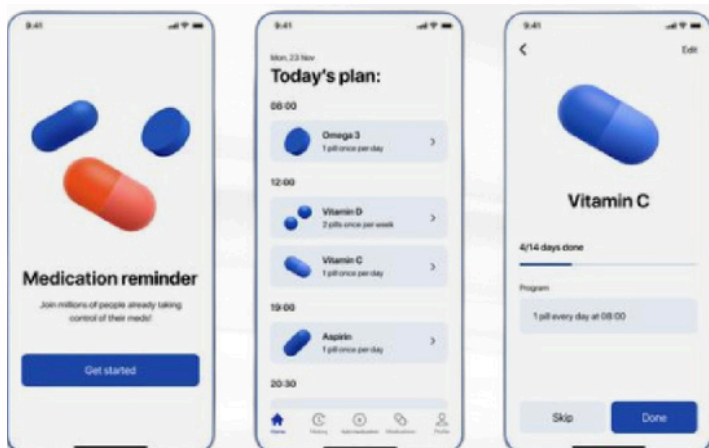


## Benefits:

- **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
-  Neighborhood Pharmacy
-  Capitol Hill Pharmacy

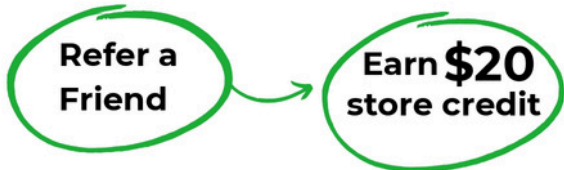


At **Sierra International Pharmaceutical Corporation**, we value your loyalty and we strive to reward you for choosing us as your healthcare provider.

# SIPC Loyalty Program



**Referral Incentive**



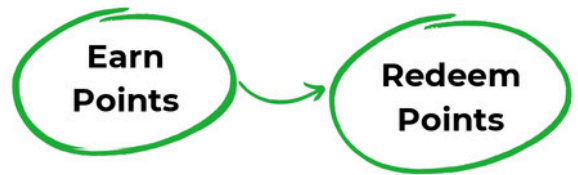

**First-Purchase Discount**




**Birthday Bonus**




**Points for Purchases**



## 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 Locations

Capitol Hill Pharmacy	202-548-0008	M-F 9:30am-5:30pm	650 Pennsylvania Ave SE, Washington, DC 20003
Columbia Heights Pharmacy	202-232-1455	M-F 9:30am-6:00pm	3316 14th St NW, Washington, DC 20010
Neighborhood Pharmacy	202-889-1119	M-F 9:30am-5:30pm	1932 MLK Ave JR Ave SE, Washington, DC 20020

# SIERRA WEIGHT LOSS CLINIC

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](https://sierraweightloss.co)

202-701-1943

[info@sierraweightlossclinic.com](mailto:info@sierraweightlossclinic.com)

[@sierraweightlossclinic](https://www.instagram.com/sierraweightlossclinic)

Sierra Weight Loss Clinic





# LOVE SIPC PHARMACIES? **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!

**Capitol Hill Pharmacy**

**Phone: 202-548-0008**

**9:30am-5:30pm**

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Washington, DC 20003**

**Columbia Heights Pharmacy**

**Phone: 202-232-1455**

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Washington, DC 20010**

**Neighborhood Pharmacy**

**Phone: 202-899-1119**

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