



## COLUMBIA HEIGHTS PHARMACY PATIENT NEWSLETTER

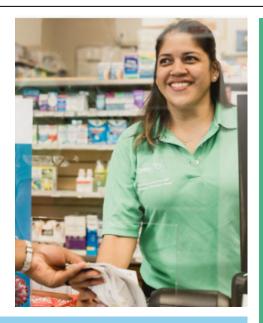
Sierra International Pharmaceutical Corporation

#### 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 September, we're focusing on health topics that support awareness, prevention, and accessible care. Here's how you can take action:

- World Alzheimer's Day Alzheimer's affects millions of families worldwide. Learn more about signs to watch for and how you can support loved ones living with memory loss.
- Telehealth Services Get the care you need without leaving home. Our pharmacy offers telehealth consultations for prescription refills, medication guidance, and health concerns: all from the comfort of your home.
- Compounding Services Every patient's needs are unique.
   Compounded medications provide personalized solutions when standard prescriptions don't fit. Ask us how compounding can help you or your family.
- Vaccine Services Staying protected during the winter months is essential. Visit our pharmacy for recommended vaccines, including flu shots and other preventive care, with convenient walkin options.



## WORLD ALZHEIMER'S DAY

**September** is *World Alzheimer's Month*, a time to raise awareness and challenge the stigma around Alzheimer's disease. At our pharmacy, we're committed to supporting brain health, caregivers, and families with resources, services, and compassionate care.

### WHAT IS ALZHEIMER'S?

**Alzheimer's** is a progressive brain disorder that affects memory, thinking, and daily activities. It is the most common cause of dementia, and while there is no cure, early support and management can improve quality of life.

Common signs may include:

- Forgetting recent conversations or events
- Difficulty completing familiar tasks
- Trouble with language or problem-solving
- Confusion about time or place

#### YOUR PHARMACY IS HERE TO HELP

You're not alone. Our pharmacy team is here with resources and services to support patients and caregivers:

- 1. **Talk About Concerns** Share memory or health changes with us. We'll listen and connect you to trusted healthcare providers.
- 2. **Explore Resources** Ask us about caregiver guides, brain health tools, and local support groups.
- 3. **Medication Support** We can help organize prescriptions, provide compounding services when needed, and remind you about refills.
- 4. **Stay Protected** Vaccinations and telehealth services are available to keep patients and caregivers healthy and supported.

### WHY DOES AWARENESS MATTER?

Understanding Alzheimer's helps reduce stigma, encourage early detection, and support families facing the challenges of caregiving. Awareness leads to better care, compassion, and community connection.

#### Studies show:

- Early diagnosis helps patients access treatments and support services sooner
- Caregiver education reduces stress and burnout
- Support groups improve emotional well-being and reduce feelings of isolation

#### SUPPORT FOR EVERYONE, ALL JOURNEYS

#### **ALWAYS REMEMBER:**

Living with Alzheimer's affects the whole family. With understanding, patience, and support, better days are possible. Whether you need information, a caring conversation, or help managing medications, we're here for you.

Let's work together to bring awareness, compassion, and care to everyone affected by Alzheimer's.



# HEALTHCARE WITHOUT LEAVING YOUR HOME

## HEALTHCARE MADE EASIER WITH TELEHEALTH

WHAT IS TELEHEALTH?

**Telehealth** is healthcare delivered online. It allows you to connect with a licensed provider through your phone, tablet, or computer; no waiting rooms, no travel. With telehealth, you can:

- Meet with a doctor from home
- Get prescriptions sent straight to your pharmacy
- Receive care for common health needs and chronic conditions
- Ask questions about medications or preventive care

It's fast, safe, and designed to fit into your life.

#### WHAT WE OFFER

Our telehealth services include (BUT not limited to):

- Prescription refills and medication reviews
- Consultations for common health concerns
- Guidance on vaccines and preventive care
- Support for chronic conditions

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 OR CODE TO START

Use Columbia Heights Pharmacy code: NCPDP 0903345

#### WHY CHOOSE TELEHEALTH?

Telehealth makes care easier and more accessible.

- **Convenient** Connect from home, work, or while traveling.
- **Faster** Shorter wait times and prescriptions sent straight to your pharmacy.
- Safe Private, secure, and reduces exposure to illnesses.
- **Supportive** Great for routine care, chronic conditions, and preventive health.

#### **HOW TO GET STARTED?**

- 1. Scan the QR Code to Start. Connect using your phone, tablet, or computer.
- 2. Use **Columbia Heights Pharmacy** code **NCPDP 0903345**
- 3. Fill up all the necessary information needed
- 4. Receive care, prescriptions, or next steps—all without leaving home.

Stay connected. Stay cared for. With telehealth, better health is only a click away.

## SEPTEMBER 2025





## COMPOUNDING, VACCINES & WEIGHT LOSS.

Columbia Heights Pharmacy goes beyond prescriptions. We offer personalized care and services to meet your unique needs.

#### COMPOUNDING

Medicine isn't one-size-fits-all. Compounding allows us to:

- Adjust doses to fit your exact needs
- Remove common allergens when possible
- Create easier forms to take, like liquids, creams, or capsules
- Talk to our pharmacist to see if compounding is right for you.



#### **WEIGHT LOSS SUPPORT**

Our pharmacy offers safe, medically supervised programs designed for lasting results, not quick fixes.

- lifestyle
- Expert guidance from our healthcare team at every step
- Regular check-ins through virtual consultations to keep you motivated and on track
- Long-term focus on healthy habits and sustainable progress



#### **VACCINATION**

Vaccinations lower your risk of serious illness and keep the community healthier.

- Flu, COVID-19, and more
- Walk-in or schedule ahead
- Safe, quick, and professional care
- Recommended for all ages, from children to seniors





Make your first appointment by scanning the QR code.

Use Columbia Heights Pharmacy code: NCPDP 0903345

Follow us to get updated with services that we



Columbia Heights Pharmacy



@sipc\_1989



@columbia.heights

#### 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.

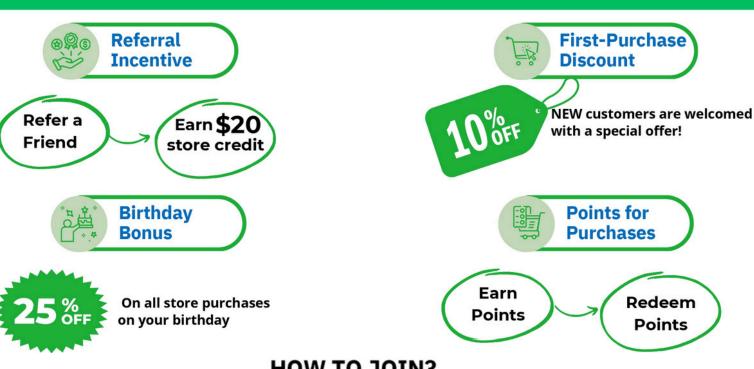
#### Text me the FREE app now

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





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



#### **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



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!

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