

»» NEWSLETTER ««

# SIERRA INTERNATIONAL PHARMACEUTICAL CORPORATION

WE ARE NOT JUST YOUR PHARMACY, WE ARE FAMILY!



## WELCOME TO OUR MONTHLY NEWSLETTER

### BEAT THE SUMMER HEAT!

#### »»» READ MORE

Stay hydrated, protected with sunscreen, and energized with a balanced diet. Simple tips for a healthy and happy summer!

### SIPC LOYALTY PROGRAM

#### »»» READ MORE

Save on meds & get rewarded! Join Sierra Pharmacy's Loyalty Program & earn points, get discounts, & celebrate your birthday with savings!

### WEIGHT LOSS TIPS

#### »»» READ MORE

Sierra Weight Loss Clinic offers personalized Semaglutide programs with virtual consultations & at-home delivery. Get started & reach your goals with our supportive team!

### CHILLING STATION AND MORE!..

#### »»» READ MORE

\*\*Unwind and Play at the Chilling Station! \*\* Crossword puzzles, Sudoku games, and more! Take a break and challenge yourself at our fun and relaxing Chilling Station.

# BEAT THE SUMMER HEAT!

3 TIPS to help enjoy the summer sun while keeping your health in check. Stay cool, stay safe, and make the most of the beautiful weather!

## »»» STAY HYDRATED

- **Why It Matters:** Hydration is key to maintaining body functions and preventing heat-related illnesses such as heatstroke.
- **How to Stay Hydrated:** Aim to drink at least 8 glasses of water a day. Carry a water bottle with you and take small sips regularly. Infuse your water with fruits like lemon or cucumber for a refreshing twist.
- **Signs of Dehydration:** Watch out for symptoms like dry mouth, dizziness, and fatigue. If you feel any of these, increase your water intake immediately.



## »»» WEAR SUNSCREEN

- **Importance of Sunscreen:** Sunscreen protects your skin from harmful ultraviolet (UV) rays that can cause sunburn and increase the risk of skin cancer.
- **Choosing the Right Sunscreen:** Use a broad-spectrum sunscreen with an SPF of at least 30. Apply it generously on all exposed skin, and don't forget areas like the ears, neck, and tops of feet.
- **Application Tips:** Apply sunscreen 15 minutes before going outside and reapply every two hours, or more often if you're swimming or sweating.

## »»» BALANCED DIET

- **Nutritional Needs:** A balanced diet helps maintain your energy levels and keeps you feeling your best, even on the hottest days.
- **What to Include:** Incorporate a variety of fresh fruits and vegetables into your meals. They are high in water content and essential nutrients. Think watermelon, cucumbers, berries, and leafy greens.
- **Healthy Summer Snacks:** Snack on chilled fruits, yogurt, and smoothies to stay cool and nourished. Avoid heavy, fried foods that can make you feel sluggish in the heat.





# SIPC LOYALTY PROGRAM

At Sierra International Pharmaceutical Corporation, we value your loyalty and strive to reward you for choosing us as your trusted healthcare provider. Our Loyalty Program is designed to thank you for your continued support with exclusive perks and discounts. Discover how you can benefit from being a part of our Sierra family!

## Referral Incentive

**Refer a Friend:** Share the love! When you refer a friend to our pharmacy, both you and your friend will benefit. You'll earn a \$20 store credit to use on your next purchase.

## First-Purchase Discount

### First-Purchase Discount:

If you're new to Sierra Pharmacy, we have a special treat for you! Enjoy a 10% discount on your first purchase. It's our way of saying thank you for choosing us.

## Points for Purchases

**Earn and Redeem Points:** Every time you make a purchase, you earn points. These points can be accumulated and redeemed for discounts on future purchases. The more you shop, the more you save!

## Birthday Bonus

**Celebrate with Savings:** Your birthday should be special, and we want to help you celebrate! Enjoy 25% off on all store purchases on your birthday. It's our gift to you!

## ★ Join the Sierra Loyalty Program! ★

Visit Us: Stop by any of our stores and sign up in person. Our friendly staff will be happy to assist you.





# SIERRA WEIGHT LOSS CLINIC

At SIPC, our commitment is to assist you in creating a brighter future for yourself. Our telemedicine appointments offer a convenient and collaborative approach to weight management, ensuring personalized care and support every step of the way.

## HOW DOES IT WORK?

### ➤➤➤ VIRTUAL CONSULTATION

**Initiate Your Journey:** Begin your Semaglutide weight loss program by visiting our website. Schedule a virtual consultation with one of our weight loss specialists who will assess whether Semaglutide is a suitable option for you—all from the comfort of your home.

### ➤➤➤ PRESCRIPTION & TREATMENT

**Tailored Treatment Plan:** Upon determining that Semaglutide is suitable for you, a **LICENSED MEDICAL PROVIDER** will prescribe the medication and provide comprehensive instructions on its administration. Semaglutide is administered through a once-weekly injection, mimicking a hormone in the body that regulates appetite and metabolism. Enjoy the convenience of having everything delivered to your door, eliminating the need for time-consuming trips to the pharmacy.

## OUR APPROACH

we work collaboratively to develop a personalized plan that addresses your unique needs. We delve into your past weight management experiences, explore your motivations, and identify your strengths to empower you to achieve your goals.

### ➤➤➤ REGULAR CHECK-INS & SUPPORT

**Ongoing Support:** During your Semaglutide weight loss journey, our dedicated team of weight loss specialists will be with you every step of the way. We will arrange regular check-ins to track your progress and make any needed adjustments to your treatment plan. Additionally, we're available at any time between scheduled appointments to provide support and address any concerns you may have.

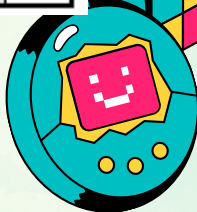




# Chilling Station

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L	L	E	R	A	P	E	A	N	E	C	E	D	U
T	O	C	A	M	O	S	C	R	A	I	I	S	N
R	Y	T	I	R	N	C	C	P	C	I	H	A	S
A	A	I	Y	A	D	R	I	R	C	G	E	V	C
V	L	O	P	H	R	I	N	O	A	I	I	R	
I	T	N	P	P	C	P	E	G	T	P	P	N	E
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1		7		9				
8				1	6			
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		3	4	8	5	1	6	7
7		1	9					
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PRESCRIPTION  
SAVINGS  
PROGRAM  
PROTECTION  
SUNSCREEN

COVID  
PHARMACY  
VACCINE  
LOYALTY  
ULTRAVIOLET

Solution

6	5	8	1	7	3	9	4	2
7	4	1	9	6	2	5	8	3
9	2	3	4	8	5	1	6	7
4	7	6	3	5	9	8	2	1
5	1	9	2	4	8	3	7	6
8	3	2	7	1	6	4	5	9
1	8	7	6	9	4	2	3	5
2	6	4	5	3	1	7	9	8
3	9	5	8	2	7	6	1	4



## Happy 4th of July from Sierra International Pharmaceutical Corporation!

AS WE CELEBRATE THE 4TH OF JULY, WE AT SIPC WANT TO TAKE A MOMENT TO THANK YOU FOR BEING A PART OF OUR COMMUNITY.

INDEPENDENCE DAY IS A TIME FOR JOY, REFLECTION, AND CELEBRATION OF THE FREEDOMS AND OPPORTUNITIES WE CHERISH.

**ANNOUNCEMENT:**  
WE WILL BE CLOSED ON THURSDAY, JULY 4 IN OBSERVANCE OF THE 4TH OF JULY HOLIDAY. WE WILL REOPEN ON FRIDAY, JULY 5TH AT 9:30AM.