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NOVEMBER HEALTH AND WELLNESS INFORMATION



It's Diabetes Awareness Month!

Routine checks for living with diabetes — where should you begin?

While many aspects of diabetes care can be self-managed, certain regular checks by a healthcare provider are recommended to help prevent long-term complications.

The following are some important checks to get you back into a normal routine.

• **A1C Measurement:** Every three months (or every six months if A1C is stable and goals are met) talk with your pharmacist to see if an in-store A1C test is right for you!

- **Eye Exam:** Annually for people who have type 1 diabetes or every one to two years for people with type 2 diabetes and more often if signs of retinopathy are present.
- **Dental Exam:** Every six months for routine cleaning and check-up alongside twice daily brushing and flossing to promote oral health.
- **Foot Check:** Daily checks at home done by you or with the help of a caregiver and yearly checks by a foot care professional, and more often if you are at elevated risk for infection or amputation.



Get diabetes care that fits your needs.

For more information about routine checks for people living with diabetes and to discuss a Personalized Diabetes Care Plan, talk to your PPN Pharmacist.

[Find a pharmacist near you](#)



Enjoy the benefits!

Whether you are a direct MHCSI Preferred Provider Network (PPN) pharmacy customer or in partnership with your primary benefits carrier, you can enjoy the benefits, savings, and rewards as a member of an **MHCSI Preferred Pharmacy Benefit Program**.

Exclusive November offers:

- Preferred pricing/copay coverage on prescriptions filled at MHCSI PPN pharmacies (*Check with your plan administrator for details*).
- Enjoy discounts* on front store purchases at Lawtons Drugs.

*Available in Atlantic Canada only.

[Contact us for more information](#)

YOUR HEALTH NEWS



Looking to book a COVID-19 vaccine or FLU shot?

Our Pharmacy teams are here to support you and the health of our community!

*Vaccines do not provide 100% protection.

[Book your appointment today](#)

MHCSI Preferred Provider Network (PPN) Pharmacies include:





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