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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.

stable and goals are met) talk with your pharmacist to see it an instance 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.

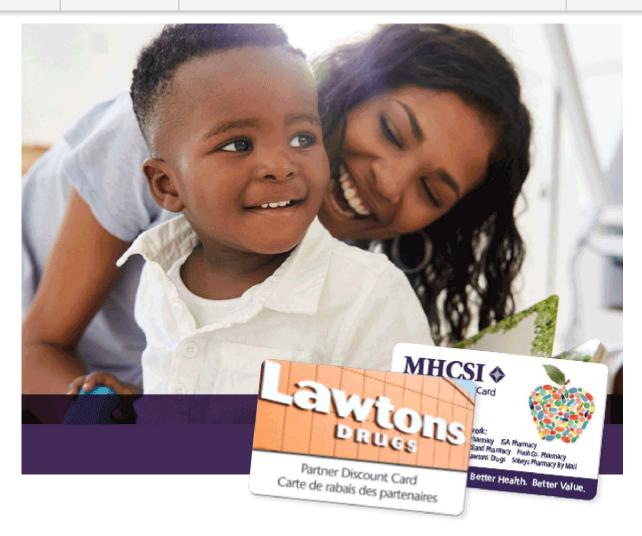


## Get diabetes care that fits your needs.

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

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# **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.

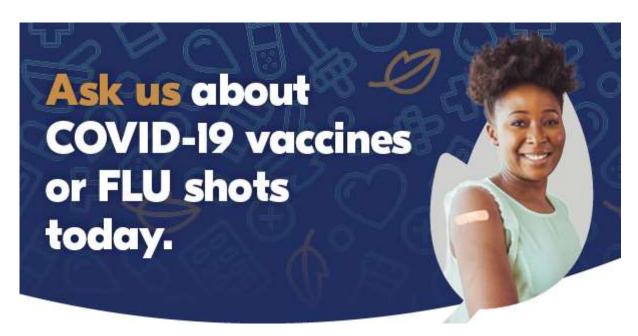
#### **Exclusive November offers:**

- 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.

<sup>\*</sup>Available in Atlantic Canada only.

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#### 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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