



Valley Road Pharmacy Newsletter October 2019

Making Medicines EASY!

Do you sometimes forget to take your medications at the right time?

Do you have a family member who has difficulty managing their medicines?

We can help!

We can pack your medications into a clearly labelled medication pack, by day and by dose, so that it is easy to take each medicine at the right time.



The benefits include:

- Taking medicines is much easier
- It serves as a quick check whether or not you have taken your medicines
- A current list of your medications is printed on the pack with a description of each medication (which makes it easy to recognise them)
- The soft hygienic case of the pack makes it easier for you to get your medications out
- Usually, we can also organise your prescriptions with your doctor

A lot of people find that by taking their medications regularly, they actually get better results from their medications. We believe that this pack is a safe and secure option which is easy for you and those around you to manage your medicines.

Come in and see one of our pharmacists and we can answer any questions you may have and show you how using a medication pack can help you.

Do you want to give our medication packing service a try?

We will pack your medication at no charge for 4 weeks, saving you \$24

We also offer free delivery of medication packs, if required, (within Devonport)



The Man Check | Come in and get a snap shot of your health



Calling all men that haven't checked in on their health lately. Please come into the pharmacy and have a Man Check. Each year in Australia more than 4 men die every hour from conditions that are potentially preventable!!! Invest just 20 minutes and \$30 to get a snap shot of your health. The Man Check includes the following screening tests:

- ◆ Weight, waist and BMI
- ◆ Blood pressure
- ◆ Cholesterol
- ◆ Random glucose levels

Our pharmacists will help you make sense of the results, provide advice specific to your age group and any suitable lifestyle changes.

Meet the Team

Introducing Kim, who has worked at Valley Road Pharmacy for 8 years. Kim is a qualified Dispense Tech and enjoys the fast pace and pressure of working in the dispensary.

Kim has worked in the pharmacy industry for 14 years all together, working as a trainer and assessor with the Pharmacy Guild of Tasmania, helping other pharmacy assistants across the state reach their training requirements.

Away from work Kim is a wife and mother of 2 teenagers. She enjoys being active and outdoors; water skiing , swimming and gardening. Kim also loves travelling with a long list of destinations on her bucket list.

October is Kim's birthday month so make sure you wish her a Happy Birthday when you are in the pharmacy. This birthday is a milestone one; that involves a 5!!



Have you heard about The Man Shake and The Lady Shake? We love that this meal replacement range is much lower in sugar than most similar products on the market. It is also high in protein and fibre and has added vitamins and minerals. There is also a very yummy and filling range of snack bars. Ask one of our team all about it today. Sale ends 5.30 pm 22/10/19.



Valley Road Pharmacy - 35 Valley Road, Devonport

Phone 6424 8008

Email: valleyroad.pharmacy@nUNET.com.au

Monday to Friday: 8.30am - 6.30pm

Saturday: 9am - 1pm