

# STEPS TO MANAGE DIABETES



## BEST BUYS



**2 FOR \$49<sup>90</sup>**  
**NEUROBION**  
 Vitamin B  
 30s (Triple Pack)  
 UP: 2 for \$57.80

Link Points  
**+150**



**\$48**  
**DIAMELON**  
 Bitter Melon  
 60s  
 (Twin Pack)



**2 FOR \$55<sup>75</sup>** **SAVE 20%**  
**GLUCOSCARE**  
 Sugar Blocker  
 Herbal Tea  
 60s  
 UP: 2 for \$70



**SAVE 20%**  
**\$78<sup>40</sup>**  
**ACCU-CHEK**  
 Guide  
 Blood Glucose  
 Monitoring System  
 1s  
 UP: \$98

Banded with Test Strips 25s

## RELIEF FROM SYMPTOMS



**SAVE 25%**  
**\$10<sup>95</sup>**  
**PEDIMATE**  
 Foot & Leg  
 Care Cream  
 80ml  
 UP: \$14.65



**2 FOR \$15<sup>25</sup>**  
**OPTREX**  
 Rehydrating  
 Eye Drops  
 10ml  
 UP: 2 for \$16.90



**ASK OUR PHARMACISTS**  
**SAVE 21%**  
**\$10<sup>70</sup>**  
**DURO-TUSS**  
 Forte  
 90ml  
 UP: \$13.70



**\$16<sup>90</sup>**  
**DIFFLAM**  
 Cough  
 Lozenges  
 Blackcurrant  
 24s  
 UP: \$18.80



**SAVE 20%**  
**\$33<sup>50</sup>**  
**BD**  
 Ultra-Fine  
 Pen Needles 4mm  
 32G  
 100s  
 UP: \$41.90

Banded with Test Strips 50s and Pouch. While stocks last.



**20% OFF**  
**\$36.40 - \$42.80**  
**TERUMO**  
 Nanopass  
 Pen Needles  
 4mm / 6mm / 8mm  
 100s  
 UP: \$36.40 - \$42.80

## 5 STEPS TO HELP CONTROL DIABETES COMPLICATIONS

Complications such as nerve, kidney, and eye damage may develop gradually over a period of time with diabetes. The key to avoiding complications from diabetes is to control your blood sugar.



**Check your blood sugar at least twice a day**  
 If you don't already have a glucometer, get one!



**Exercise**  
 Have at least 30 minutes of exercise 5 days a week.



**Healthy diet**  
 Cut down on food rich in simple sugars and switch to food with low Glycemic Index (GI).



**Monitor daily**  
 Make it a point to check your feet daily for wounds and cuts.



**Keep all others in check, too**  
 Take note of your blood pressure and cholesterol levels.



## JUST ASK YOUR PHARMACIST

Have more questions?  
 Just ask your Unity Pharmacist!



**TELEPHARMACY**  
 Have a real time webcam conversation with our pharmacists in our stores



**EMAIL US**  
 Get in touch with us at general.feedback@fairprice.com.sg

**UP TO 12% TO 12% OFF EVERYTHING**

with your NTUC/OCBC Plus! Visa Card  
 T & Cs apply



## EVERYDAY WELLNESS FOR

All promotions are valid till 18 April 2018 unless otherwise stated. Promotions and products featured are available at selected stores and are not valid at Changi Airport Terminal 3 unless otherwise stated. All information is correct at time of printing. Traders not allowed. While stocks last. Terms and conditions apply.

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 T & Cs apply

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 T & Cs apply

**2% DISCOUNT FOR SENIOR CITIZENS**  
 T & Cs apply

## LinkPoints

**EARN LinkPoints**  
 Receive 2 LinkPoints with every \$1 spent with minimum purchase of \$20  
 T & Cs apply

Plus! Visa Card is a banking product provided by Oversea-Chinese Banking Corporation Limited for Plus! U.