



# GLOYER'S MONTHLY



Gloyer's Pharmacy & Gifts Newsletter

— Vol 1 Issue 12 —

November 2015 — December 2015

## “YOUR FRIENDLY NEIGHBORHOOD PHARMACY WITH MODERN TECHNOLOGY”

Thank you for subscribing to *Gloyer's Monthly*, a newsletter purposed to provide our customers with the latest news about Gloyer's Pharmacy and Gifts. For more than fifty years, Gloyer's Pharmacy has provided for the medicinal needs of the people of Tomball and the surrounding area. We pride ourselves on providing you with a true "neighborhood pharmacy" yet employing the latest in modern technology. Our friendly, helpful pharmacists and staff are available for your convenience whether you phone in, come in person to our store, or reach us on the Internet.

### Serving Your Loved Ones

We have been providing the best quality service to many local nursing home and assisted living facilities, many since they opened their doors. Being a local, small town pharmacy provides us at Gloyer's the flexibility to offer services that many of the larger, corporate pharmacies are not able to offer.

### Compounding with a heart

Before the mass production of drugs by pharmaceutical manufacturers, pharmacists compounded medications to accommodate the individual patient's needs. At Gloyer's Pharmacy, we have been striving to meet all of our customers' needs since 1960.

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Helpful tips for mental excellence
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Help with Medicare Part D for 2016
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50 Years Serving the Tomball Area:  
The family that started it all - Pharmacist Wayne Gloyer opened Gloyer's Pharmacy in 1960. His dedication to customer service built a strong business known for integrity and loyalty.

### NEW Store Hours:

- M-F: 8:00AM to **7:00PM**
- Sat: 9:00AM to 5:00PM
- Sun: Closed

### Contact Information:

- Phone: 281-351-5454
- Fax: 281-351-7707

### Store Address:

1010 West Main  
Tomball, TX 77375

Email: [admin@gloyers.com](mailto:admin@gloyers.com)

Website: [www.gloyers.com](http://www.gloyers.com)

# PHARMACY NEWS

## GET YOUR SHOTS AT GLOYER'S

Gloyer's Pharmacy announces that our pharmacists will now provide immunizations to our customers.



Pneumonia  
Shingles  
Flu  
School  
Vaccines

### Keeping Your Mind Sharp

As we grow older, keeping our minds sharp and agile does not have to become a chore. Obviously as we age we want to keep on learning new things and enjoying new experiences; this in and of

itself can keep our minds healthy and ready for whatever life throws at us. Here are a few suggestions for keeping your mind active and healthy no matter what age you are:

**1. Get a good night's sleep.** This may seem like a “no-brainer,” but making sure you're getting enough sleep is

essential to keeping your mind sharp. Failing to get enough sleep can affect your mood, motivation, judgment, and perceptive events according to Harvard Medical School's Division of Sleep Medicine. Not getting enough sleep is going to leave you sluggish and forgetful, and it will make all these other brainpower habits seem really difficult or impossible. According to Harvard Medical School's Division of Sleep Medicine, lack of proper sleep “affects mood, motivation,

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### Understanding My Medicare Part D Coverage

With open enrollment set for October 15–December 7, 2015, you may be starting to ask questions about your medical and prescription drug coverage for the upcoming 2016 calendar year. Open enrollment is the specific time of year when those eligible may enroll for the first time or make changes to their Medicare plan for the upcoming year.

Medicare Part D coverage applies specifically to prescription drug costs and can be confusing to even the most knowledgeable person. In this article, we are going to discuss some of the more confusing Medicare terminology in order to help our customers make the best decisions for the upcoming year.

#### What is a “Deductible”?

According to medicare.gov, your deductible is “the amount you must pay each year for your prescriptions before your Medicare Prescription Drug

Plan begins to pay its share of your covered drugs.” This does not apply to every plan as some plans do not have a deductible.

#### What is the “Donut Hole”?

When healthcare and insurance professionals mention the “Donut Hole” they are referring to a gap in your coverage. “Most Medicare Prescription Drug Plans have a coverage gap (also called the “donut hole”). This means there's a temporary limit on

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## Medicare

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what the drug plan will cover for drugs.” (See Fig. 1 for example)

According to medicare.gov, “In 2016, once you and your plan have spent \$3,310 on covered drugs, you're in the coverage gap. This amount may change each year.” This means you need to consider your own prescription drug needs and costs before selecting your plan for 2016.

### What costs apply to the coverage gap?

So you have a coverage gap, now you are probably asking: how do I get out of the gap or donut hole? You have to meet that dollar amount defined on

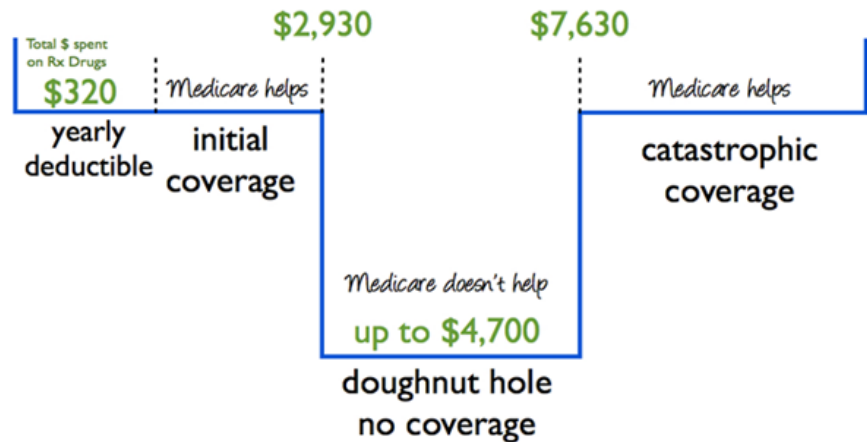
your plan and you do that by out of pocket expenses. For example, your blood pressure medication copay in the donut hole is \$50. That \$50 applies toward your coverage gap. So each month you apply that \$50 copay towards that \$4,700.

Items that apply to your coverage gap: Your yearly deductible, coinsurance, and copay-

ments; The discount you get on brand-name drugs in the coverage gap; What you pay in the coverage gap

Items that don't count towards the coverage gap: The drug plan premium; Pharmacy dispensing fee; What you pay for drugs that aren't covered

For more information, visit <https://www.medicare.gov/part-d/>



judgment, and our perception of events.” According to a study done by the National Sleep Foundation (NSF), the average adult requires be-

## Minds

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tween seven and nine hours of sleep every night so make your sleep health a priority.

### 2. Drinking lots of water.

The body of a typical human adult is supposed to be 60%

water. When that percentage drops, it can affect normal bodily functions. This can affect your overall sense of wellbeing and health. Staying hydrated can boost our energy, keep us alert, and even help control our hunger.

### 3. Break your routine.

Sometimes the best way to keep the mind growing and active is to simply do something new. Breaking out of your normal, comfortable rou-

tine will force your mind to adapt, encouraging it to make new connections. Embrace variety and it will keep your brain on its toes.

For more information:

- <http://www.medicaldaily.com/brain-exercises-get-mentally-fit-6-habits-keep-your-mind-sharp-everyday-tasks-281368>; <http://water.usgs.gov/edu/propertyou.html>; <http://sleepfoundation.org/>; <http://www.cdc.gov/sleep/index.html>;

# Winter is on its way!



**CORKCICLE.**



**Check out some of our newest gift items available now in our Gift Department. We are constantly adding new items so continue to read our newsletter, check the website, or simply come by the store. We are excited to showcase our new lines of Jack Black and Yeti merchandise! Please continue to read Gloyer's Monthly! Holiday Items coming soon!**

# New Items for Winter 2015!



MERRY  
CHRISTMAS  
y'all



NOVEMBER  
20-22, 2015

# GLOYER'S

is excited to announce three new products now available on our shelves made by:

**PURE**  **PHARMA**



VITAMIN D SUPPORTS AND STRENGTHENS THE IMMUNE SYSTEM, PROVIDING PROTECTION AGAINST ILLNESSES.

**D<sub>3</sub>**

A LOOK INSIDE D<sub>3</sub>



- Immune system health
- Bone mineralization
- Calcium regulation
- Improved D<sub>3</sub> absorption

PURE  PHARMA

Check out [http://www.purepharma.com/us\\_en/](http://www.purepharma.com/us_en/) for more information!



OMEGA-3 FATTY ACIDS INCREASE BLOOD FLOW TO MUSCLES, DECREASING MUSCLE SORENESS BY UP TO 35%.



A LOOK INSIDE O<sub>3</sub>



- Reduces inflammation
- Reduces blood triglycerides
- Maintains eye & brain tissue
- Reduces blood triglycerides
- Precursors to EPA and DHA

PURE  PHARMA

MAGNESIUM IS RESPONSIBLE FOR THE PRODUCTION OF ATP (ENERGY), WHICH IS REQUIRED TO SUSTAIN HIGH OXYGEN CONSUMPTION DURING EXERCISE.



A LOOK INSIDE M<sub>3</sub>



- MAGNESIUM**
  - Muscle contraction and relaxation
  - Electrolyte balance
  - DNA repair
- VITAMIN B6**
  - Oxygen delivery
  - Energy utilization and storage
- ZINC**
  - Cell synthesis
  - Carbohydrate processing
  - Immune function
- MALIC ACID**
  - Digestion
  - Aerobic metabolism



# GET YOUR SHOTS AT GLOYER'S

Gloyer's Pharmacy announces that our pharmacists will now provide immunizations to our customers.



Pneumonia  
Shingles  
Flu  
School  
Vaccines

October 2015						
SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Medicare Part D

### Open Enrollment

**October 15 - December 7**

#### Our Contracted Networks:

Aetna, Caremark (SilverScript, United American), Cigna, Coventry, Express Scripts, Magellan, Prime Therapeutics (Blue Cross Blue Shield)

Tired of waiting on mail order prescriptions?



## DID YOU KNOW...

that many insurance companies will let you opt out of mail order?

Call the member services number on your card and request to "opt out" of mail order today!

INSURANCE COMPANY NAME	COVERAGE TYPE
MEMBER NAME: JOHN DOE MEMBER NUMBER: XXX-XX-XXXX	EFFECTIVE DATE: XXX-XX-XXXX
GROUP: XXXXXX-XXX-XXX	RY GROUP: XXXXXXX
PCP COPAY: \$20.00 SPECIALIST COPAY: \$50.00 EMER. ROOM COPAY: \$100.00	
MEMBER SERVICES: 1-800-XXX-XXXX CLAIMS INQUIRY: 1-800-XXX-XXXX	

