

# LMC

# Healthcare

## Keep your body and mind healthy!

Keep your physical and mental health in check by enjoying the great outdoors! Here are four activities to keep a healthy body and mind!

[Read more](#)



## New coping with diabetes workshop



[Learn more here!](#)

[Learn more about diabetes and mental health here](#)

### FREE for LMC Patients

Managing diabetes can be stressful and time-consuming. The many daily tasks related to diabetes care can lead to a condition known as diabetes distress. Feeling overwhelmed, frustrated, worried or anxious are commonly experienced by people living with diabetes. Including mental health within your diabetes care can improve your ability to manage and improve your health overall. Join this new group to learn skills to cope with diabetes-related mental health issues.

# Curious to learn more about the FreeStyle Libre and FreeStyle Libre 2 Flash Glucose Monitoring Systems?

LMC & Abbott Diabetes Care invite you to attend two free, live, online education sessions to learn about the FreeStyle Libre and FreeStyle Libre 2 flash glucose monitoring systems.

## Getting Started

During this session, you will have a chance to learn how to apply your sensor, what to expect when using your device, and the benefits of using this technology.

When you register we will also send you a sensor and reader to get started, so it's worthwhile to register early so your sensor arrives prior to the session.

Not sure which system is right for you? [Learn more about the differences here](#)

### Getting Started with the FreeStyle Libre System

Date: **Friday, September 10th**  
Time: 12pm EST

Register now

### Getting Started with the FreeStyle Libre 2 System

**\*\*Note: Smartphone required to use the FreeStyle Libre 2 system\*\***  
Date: **Friday, September 10<sup>th</sup>**  
Time: 11am EST

Register now

## Getting More

During this session, you will learn how to read and understand your FreeStyle Libre or FreeStyle Libre 2 scan, and learn about how your reports – such as time in target, low-glucose events and daily patterns – can support your daily life.



**Getting More from the FreeStyle Libre and FreeStyle Libre 2 Systems**

Date: **Friday, September 24th**  
Time: **12:00PM EST**

**REGISTER NOW**

## Back-to-school prep reminders

Going back to school next month? Here are

## Back-to-school prep reminders

Going back to school next month? Here are



some medication reminders to help prepare.

Get ready for back-to-school



## Diabetes Depot



### We carry Baqsimi!

Our team of Certified Pump Trainers, Certified Diabetes Educators and fellow T1D pumpers are here to help with your glucagon needs, including **Baqsimi, the nasal spray glucagon!** Of course, you are always welcome to place your order in the most convenient way for you.

Buy here

24/7 Online  
Ordering

Toll-Free  
Phone

Scheduled  
Shipments

No  
Contracts

Welcome LMC

\$25 off your first order over \$200

Shop  
now

LMCVIP

\$10 off your order over \$200

Shop  
now

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**Leading pharmaceutical company is seeking people with Non-alcoholic steatohepatitis (NASH) for a small virtual workshop to understand the disease better.**

NASH is liver inflammation and damage caused by a buildup of fat in the liver. It is poorly understood. We want to change that. We need your help to make it happen.

We are bringing together a small team of people to help us by providing advice and information on what it is like to live with NASH. We want to have an ongoing discussion with you. Together we'll come up with new ideas and education tools to support people who face the same challenges you do.

We know that you have a lot on your plate, so we will make participation as easy as possible. We will cover the cost of 4 hours of your valuable time. We will have an interactive virtual meeting where we will gather together so that you can share stories and find inspiration for better living. We will also connect through on-line forum discussions.

Your input will make a difference. We hope you'll join us to make sure people with NASH live a better life.  
If you are interested, please register!

[Register here](#)

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**LMC Manna Research** is looking for healthy individuals to participate in a clinical Respiratory Syncytial Virus (RSV) research study.

The purpose of this study will be to explore the safety and effectiveness of an investigational single-dose vaccine and its potential impacts on RSV treatment.

You may be eligible if you:

- Are over the age of 60
- Generally Healthy

\*Note: Additional eligibility criteria will also apply

Study compensation, as well as study medication and ongoing study-related health monitoring & counselling, will be provided.



**LMC**  
Manna Research

MAKING BREATHING  
EASIER

**A study is underway exploring an experimental RSV vaccine**

Connect with a research specialist today!  
1-833-323-JOIN  
research@lmcmanna.com

Join  
study



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