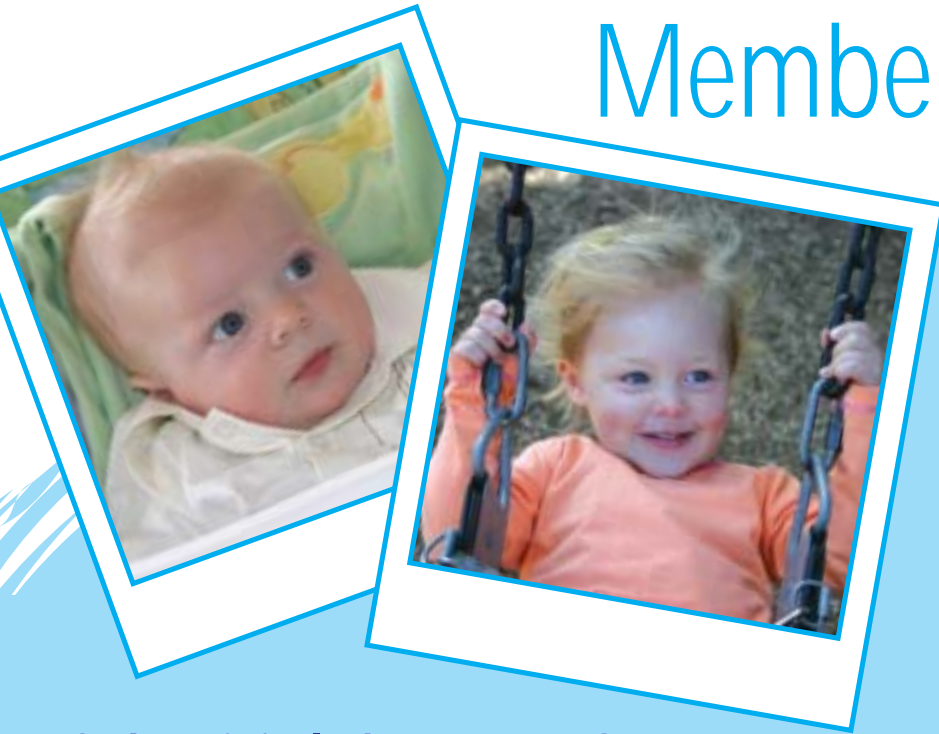


Issue 1, 2006

# MemberCare News



## 18¢ Digital Prints\*

Printing Digital Photos at  
UFS is SO EASY

\*50+ Prints \$0.22¢ each

**Members**  
**\$0.18¢**

### Order Digital Photos at UFS

- Step 1: Save all the images you want printed to a CD (or memory card)
- Step 2: Take the CD to any UFS Dispensary
- Step 3: Collect your photos in 2 days!

### WIN a Holiday to Tropical North Queensland with Blackmores!

See inside for details on how to enter



Offer available on Autoprint only (prints all images on media). Standard processing 10x15cm gloss. Images must be supplied in JPEG format, flattened TIFF file or PSD format. 2 day processing if orders placed before 3pm.

**UFS DISPENSARIES**

here for you

+ Reef Day Trip



## WIN a Holiday to Tropical North Queensland with Blackmores!

Blackmores and Jetset Ballarat are offering UFS customers the chance to win a fabulous holiday escape to Cairns and tropical north Queensland. Flying return Melbourne to Cairns, you will spend 7 nights at the Cairns Beach Resort, Holloway's Beach. ALSO included is a day-trip to the Great Barrier Reef aboard Passions of Paradise. From Cairns, take in the sites of Mossman Gorge, Port Douglas, Cape Tribulation, Kuranda or perhaps the Atherton Tablelands.

### Entering is Easy!

Simply purchase any of the Blackmores winter-care products shown on this page, to keep yourself in good health over the cooler months. Entry forms available in-store.



60 tabs \$13.95

**Members**  
**\$11.15**



60 tabs \$15.95

**Members**  
**\$12.75**



62 tabs \$14.95  
1000mg

**Members**  
**\$11.95**



80 tabs \$12.95  
1000mg

**Members**  
**\$10.35**



60 tabs \$19.95

**Members**  
**\$15.95**



50 tabs \$9.95

**Members**  
**\$7.95**

### Cold Combat

Blackmores Cold Combat contains a standardised extract of Andrographis, an Ayurvedic herb, which has long been used in traditional Chinese and Indian medicine. Clinical trials have shown that Andrographis not only reduces the severity and duration of cold and flu symptoms such as fever, sore throats and nasal catarrh, but can also help cut your recovery time.

### Bio C

Blackmores Bio C® 1000 with bioflavonoids extract is a potent, low-acid formulation which may reduce the severity and duration of colds.

### Echinacea, ACE and Zinc

Blackmores Echinacea ACE + Zinc helps relieve the symptoms of mild upper respiratory infections, colds and flu.

### Cod Liver Oil

Blackmores Cod Liver Oil is a rich, natural source of vitamins A and D, and omega-3 fatty acids. Vitamin A is important for healthy mucous membranes of the respiratory and digestive tracts, and vitamin D is needed for healthy bones.

### Horseradish and Garlic + C

Super strength Blackmores Horseradish, Garlix® + C helps to relieve the severity and duration of symptoms of hayfever and sinusitis.

**Competition Conditions:** This competition runs from 01/04/06 to 30/06/06. Your receipt number and actual receipt must be recorded on the entry form to be deemed valid. The prize will be drawn at UFS Dispensaries' Head Office Monday 3rd July at 5pm. UFS Dispensaries Ltd staff are ineligible to participate.

The prize is for two adults including return economy flights Melbourne to Cairns, valid for departures until 31/05/07. Airfares and accommodation are subject to availability upon booking and are not valid for travel during peak season/ school holidays. Prize includes flights, transfers and accommodation in a one-bedroom apartment (not including meals, travel insurance). All other costs are at the expense of the recipient. Non-transferable and not redeemable for cash. Total prize valued at \$2000.

# HEALTH AWARENESS

## Men's Health with Don Moss!

### A MUST for ALL Men!

Mr Don Moss is a urologist with a strong interest in men's health. After an overwhelming response to his last evening, UFS has asked Don to come back again and talk to UFS members about those issues pertinent to men's health.

Don emphasizes that the major risks to men's longevity are general risk such as heart attacks, accidents and suicides. However, there are a number of health areas more common in men, that are specifically addressed by urologists. These include prostate problems including cancer, erectile difficulty, testis cancer, vasectomy and kidney stones.

Don is a well known Ballarat urologist with a reputation for entertaining and informative talks. Men and their partners are welcome to attend.

When: Thursday 27th April  
Where: SMB Brewery Complex, Lydiard St Sth, Ballarat  
Time: 7.30pm to 8.30pm  
RSVP: to Barbara Meehan on 5331 9146 by 24th April.

**Places are limited, so book early to avoid disappointment.**

## How Good Is Your Hearing?

1. Do you have difficulty understanding people unless they are facing you?
  2. Do you find it hard to hear conversations in noisy rooms with groups of people?
  3. Do you miss the doorbell or telephone?
  4. Do you have noises in your head or ears?
  5. Do other people complain that you have the TV turned up too loud?
- If you said 'yes' to any of these, you may have a hearing impairment.

Seniors (over 50 years) can have a FREE hearing check with Australian Hearing at the following locations:

**Monday 15th May:** Bridge Mall UFS Dispensary 5331 9855  
**Tuesday 16th May:** Buninyong UFS Dispensary 5341 2121  
**Wednesday 17th May:** Beaufort UFS Dispensary 5349 2504  
**Thursday 18th May:** Melton UFS Dispensary 9743 9080

Appointments are necessary and can be made by calling your preferred pharmacy.

## Fight Osteoporosis - Test Your Bones!

The latest bone density testing and osteoporosis education program is coming to UFS to help women (...and men) assess their risk of bone fracture and prevent osteoporosis.

The bone density test assesses fracture risk, is 100% safe and no referral is required. The test will be performed by a nurse, who will analyse your results and alert you to any problems that might be present. You will receive your results immediately and are advised to discuss these with your doctor. Each person tested also receives a comprehensive booklet to provide information on osteoporosis risk factors, calcium, nutrition, exercise, menopause and medications that cause bone loss.

Osteoporosis means your bones become thin and fragile and in Australia it affects 1 in 3 women and increasing numbers of men. Bones reach their peak strength around the age of 25 and from 35, both men and women can slowly start to lose bone strength at about 1% per year. The outstanding fact is that it is largely preventable and treatable.

Women aged 40 plus and men aged 50 plus, or younger people that are concerned about the health of their bones, may benefit from having the test.

### May

Mon 1st - Sturt St - 5331 9811	Mon 8th - Sebastopol - 5336 0455
Tues 2nd - Wendouree - 5339 6933	Tues 9th - Victoria St - 5333 1959
Wed 3rd - Beaufort - 5349 2504	Wed 10th - Ballan - 5368 1232
Thur 4th - Bridge Mall - 5331 9855	Thur 11th - Bacchus Marsh - 5367 2134
Fri 5th - Buninyong AM - 5341 2121	Fri 12th - Melton - 9743 9080
Mt Clear PM - 5330 2644	

**Appointments are necessary and can be made by calling your preferred UFS pharmacy and booking in.**



COST per person  
is \$45.00

**Members**  
**\$36.00**

**UFS DISPENSARIES**  
here for you

## NEW Max Factor Flawless Perfection Make-Up

Two step system that gives you a lightweight and flawless finish all day.

### Step 1 - Skin Perfecting Complex

Prepares the skin by evening-out skin texture including fine lines and tone to prepare for top coating. Protects the top layer from oil and contains a flexible water-resistant polymer.

### Step 2 - Flawless Colour

Glides on over the prepared skin for silky coverage all day long.

\$34.95

**Members**  
**\$27.95**



### **BONUS** Nail Enamel

Purchase the NEW Max Factor Flawless Make-up and receive a BONUS Max Factor Nailfinity nail enamel.

*Selected shades only, while stocks last.  
Max Factor only available from Bridge Mall,  
Sturt St, Sebastopol, Wendouree and  
Beaufort Pharmacies.*

## Could It Be Menopause?

Diagnose your symptoms with the Promensil Menopause Test.

- Hot flushes?
- Night sweats?
- Mood swings and irritability?
- Difficulty sleeping?
- Irregular menstrual cycle?

Many of these symptoms can be experienced by women at any time, however they most commonly occur in the time leading up to and during menopause. Menopause is a natural transition that marks the end of menstruation. This gradual decrease in the production of oestrogen gives rise to the symptoms of menopause.

The Promensil Menopause Test is a home urine test that is simple to use, and can be conducted quickly and privately. The Promensil Menopause Test, allows you to achieve certainty about your menopausal stage, so you can take control of your symptoms. The test is 99% accurate for detecting raised levels of the hormone FSH in the urine, which is a clear indicator of the transition to menopause.

With the certainty of the Promensil Menopause Test, you can take positive action to manage your menopause symptoms.

Menopause relief for more than hot flushes and night sweats.

Promensil is a natural menopause product made from red clover isoflavones. In clinical trials, Promensil has been proven to reduce the frequency and severity of hot flushes and night sweats, plus help maintain well-being. But it's also important that we understand that during and after menopause, bone and cholesterol health become vitally important. Clinical trials have further shown that Promensil helps maintain bone and cholesterol health, a benefit not shared by all menopause supplements.

So it's easy to see why Promensil is chosen by more Australian women than any other supplement for menopause.



30 tabs \$29.95

**Members**  
**\$23.95**



\$22.95

**Members**  
**\$18.35**

# MOTHER'S DAY



Sml \$15.95ea

Lge \$21.95ea

**Members**  
\$12.75

**Members**  
\$17.55

## Heaven Scent Hot/ Cold Packs

Therapeutic natural relief for:

- Back pain, sore neck, aching joints, sports injuries, headaches, arthritic pain, PMT symptoms, stress, bruising.
- Hot Pack - heat in microwave, Cold Pack - Freeze
- Assorted designs.



## 100ml Red Door Perfume

\$45.00

**Members**  
\$36.00

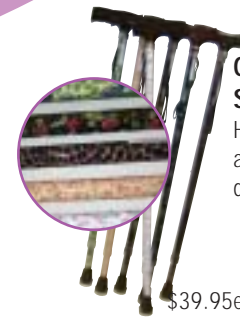


\$3.95ea

**Members**  
\$3.15ea

## Innox Hand Cream

Available in Peace, Balance, Relax, Harmony 50ml.



## Groovy Walking Sticks

Height adjustable and available in a variety of designs

\$39.95ea

**Members**  
\$31.95ea



## Coral Colours Manicure Set

\$14.95

**Members**  
\$11.95



## Dr Le Winns Private Formula

Contains Facial Polishing Gel 150ml, Firming Eye Cream 15g, Advanced Night Cream 28g, Day Cream Moisturiser 56g.

\$59.90

**Members**  
\$47.90

## BONUS with Dr Le Winns

Purchase any two\* Dr Le Winns products and receive a BONUS bag containing Ultra R4 Restorative Cream 5g, Ultra R4 Eye Repair Cream, Ultra R4 Recovery Masque, Facial Moisturising Lotion SPF 30+, Active Hand Cream 100g. Pack valued at \$57.90, available while stocks last.

\*Cannot be two nail care products in one purchase.



## UR1 Photo Albums

**SUPER BUY!**

300 capacity flip albums in green, lemon and brown

\$9.95ea

**Members**  
\$7.95ea



## Homy Ped Slippers

In pink, black, purple or light brown. Available from Bridge Mall, Bacchus Marsh, Beaufort, Buninyong only.

\$34.95

**Members**  
\$27.95

**MAX FACTOR**  
the make-up of make-up artists

**Save \$3**  
on Max Factor Mascaras

including Calorie 2000, More Lashes, Aqua Lash and Lash Lift.

Plus remember UFS members save 20% more. Only available while stocks last.



Max Factor only available from Bridge Mall, Sturt St, Wendouree, Sebastopol and Beaufort pharmacies.



**L'Oréal Colour Expert**

Selected colours only

\$24.95ea

**Members**  
**\$19.95ea**

**BONUS Fresh Bar**  
Dove Beauty Bar Twin



\$4.35ea

**Members**  
**\$3.50ea**



\$2.50ea

**NEW**

**Members**  
**\$2.00ea**

**NEW**



**Aluminium FREE**

**New QV Naked Deodorant**

- BioSorb Crystals prevent odour
- Fragrance Free non-irritating
- Aluminium Free non-irritating
- Alcohol Free - non-sting

Roll on 75g  
\$4.95

**Members**  
**\$3.95**

Spray 100g  
\$5.95

**Members**  
**\$4.75**

**\$3 cash back offer from Benefiber**



**Benefiber**

Makes taking fibre easy. Dissolves completely in drinks and soft foods.

168g, \$14.95ea

**Members**  
**\$11.95ea**

**New Lemon Myrtle REFRESHED!**

- Excellent shaving soap for those who can't use chemical shaving soaps
- 2 in 1 - shaving soap and long lasting shower soap
- All natural
- Perfect for sensitive skins
- Uplifting - intensely and beautifully fragranced

**SAVE \$8.00**  
Tanline Instant Bronzer and Tan



\$31.95

**Members**  
**\$25.55**



**Gillette Venus Divine with BONUS Shave Gel**

Venus Divine shaver for women with three moisture strips enhanced with aloe and oils. Two cartridges, shower storage system and bonus Satin Care shave gel.

\$13.95

**Members**  
**\$11.15**

**Kodak Film 3 Pack**

400 speed, 135 film, 24 exp x3



\$12.95pk

**Members**  
**\$10.35pk**



## First Consis Machine

Our Wendouree store is the first retail pharmacy in Victoria to have installed a state-of-the-art Consis dispensing machine. The machine is designed to streamline the efficiency and accuracy of selecting prescription medications. As a result in the efficiency of filling standard prescriptions has improved which means less waiting time.



## 20% Discount Offer at Lake Pilates

If you have ever considered pilates for physical strength and fitness, now is as good a time as any with an exclusive offer for UFS members.

First time clients are encouraged to join with a saving of 20% off the price of a 3-month membership. After an initial pilates assessment and two program reviews with a physiotherapist, clients can

purchase a 3 month membership for \$190 (UFS members \$152) for unlimited use of the equipment based studio.

For more information, contact Lake Pilates directly on 5338 8966.

Note: Initial assessment and reviews are required and are non-discountable, but can be claimed on health insurance extras. Offer valid to 30th June 06.

## Ultra Lite Now at Bacchus Marsh



Beryl Black with Ultra Lite consultants Dianne and Debbie

The very successful Ultra Lite Weight Management program is now being offered at our Bacchus Marsh pharmacy. After such a fantastic response to the 5-week program at the Bridge Mall pharmacy over the past 12 months, naturopath Phillip Netherway is offering the same opportunity to Bacchus Marsh. The program is run through the pharmacy with consultations taking place in a private room on the premises. Appointments can be made Monday afternoons from 2pm. For more information speak to Dianne or Debbie at the Bacchus Marsh UFS on 5367 2134.

## Ultra Lite Works...Just Ask Beryl

Beryl Black is a great-grandmother who has experienced her fair share of health problems including three heart attacks. After recently losing her husband, Beryl made the decision to do something about the weight she had gained over the last three years.

Beryl's goal was to lose 7kg over the 5-week program. This she easily achieved and has managed to keep every ounce off since. Feeling great, Beryl is now living life to the full, having experienced new found energy and independence necessary for a hectic bowls schedule, walking the dog and keeping up with the great-grandkids.

Apart from her increased energy levels and better performance on the bowls green, Beryl's cholesterol has dropped dramatically to the point her doctor says she is "disgustingly healthy".

She considers the investment to be very affordable and absolutely worthwhile. Ultra Lite being run by UFS Dispensaries was quite a comforting fact and saving 20% made a huge difference.

Beryl is now entirely happy with her current weight and particularly feels good when other people comment (just as you would expect!).

# REVLON REPORT

Wish Your Make-Up Would Last All Day Without Feeling Heavy?



NEW

\$19.95

Members  
\$15.95

## Luxurious Length Mascara

Up to 50% longer, 50% curvier...

- Glides on lashes from base to tip lifting lashes up and out to maximize length and curl
- Won't dry and cake so lashes always look natural
- Brush works to separate lashes with no clumps
- Also available in water-proof \$21.95



NEW

## New Improved Colorstay make-up with SoftFlex

SoftFlex technology cushions the skin for a superior lightweight feel.

- Blends effortlessly with the skin
- Covers skin imperfections
- Lasts for up to 16 hours
- Feels comfortable and lightweight
- Oil-free so won't clog pores.

\$34.95

Members  
\$27.95



\$29.95

## ColorStay Active with SoftFlex

Perfect for active lifestyles:

- Breathable and comfortable
- Sweat proof so skin looks fresh all day
- Light-coverage
- SPF 25 for protection against the sun

Members  
\$23.95



## Mid Year SALE SAVE 20%

Save 20% (plus members save 20% more) on a great range of selected products including:

- Lashfinder Mascara
- Age Defying make-up products

On Counter May



## BONUS New Complexion Powder

Purchase a New Complexion Oil-Free Make-up and receive a BONUS New Complexion Powder valued at \$31.95

\$30.95

Members  
\$24.75



## BONUS LashFinder Mascara

Purchase any 12 Hour Eye Shadow Quad and receive a BONUS LashFinder Mascara valued at \$17.95.

\$21.95

Members  
\$17.55

UFS DISPENSARIES

here for you

Revlon not available from Mt Clear, Beaufort, Ballan, Melton. Promotional stock is selected colours only and available only while stocks.