

## WEGOVY/OZEMPIC/MOUNJARO/ZEPBOUND INFORMATION

- 1. We can write for **Wegovy (Semaglutide)** in the USA for everyone.
  - Separate injector for each weekly dose.
  - Check your mail order pharmacy first, then local pharmacies.
  - Once you find supply, check <u>your insurer for coverage</u>. Discount card available even if drug not covered by insurance.
- 2. We can write for **Zepbound (Tirzepatide)** in the USA for everyone.
  - Separate injector for each weekly dose.
  - Released in December of 2023
  - Check your mail order pharmacy first, then local pharmacies.
  - Once you find supply, check <u>your insurer for coverage</u>. Discount card available even if drug not covered by insurance.
- 3. We can write for **Ozempic (Semaglutide)** in the USA
  - Insurance may not pay/discount for non-diabetics. Cash price is over \$900/mo. or more without savings card.
  - One pen lasts all month. Dial the necessary dose on the pen.
  - Check for coverage first (for non-diabetes), then check supply.
- 4. We can write for **Mounjaro (Tirzepatide)** in the USA
  - Insurance may not pay/discount for non-diabetics. Cash price is over \$900/mo. or more without coupon.
  - Check for coverage first (for non-diabetes), then check supply.
  - Separate Injector for each weekly dose.
- 5. **Saxenda (Liraglutide)** is a similar but DAILY injection first approved for weight loss in 2017. This is may have <u>coverage</u> without supply issues.

## Please research your insurance coverage and in-stock availability of the above options for your insurance plan, including your insurance's mailorder pharmacy.

## Research this BEFORE YOUR FIRST VISIT.

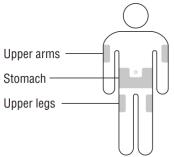
We will apply for pre-approval if requested but cannot guarantee an outcome or lie about a diagnosis. Lack of supply is not typically honored as a reason to approve one med over another.





## **DIET RULES...**

- Inject only the lower abdomen or upper thighs. Do not inject near the navel. Upper arm requires another person to inject you.
- Follow the instructions on the package insert.
- Most common side effects are Nausea, Vomiting, Diarrhea, Constipation, and Abdominal Pain. Following the recommended menu minimizes these side effects
- The recommended menu is Chicken (no skin), fish, whole fruit, whole vegetables, eggs. 64 ounces of water per day. Coffee, Tea allowed up to 2 cups per day. No portion restrictions.
- No potato, rice, dairy, almond milk, soy milk, protein shakes or bars, juices, nut products, grains, or alcohol in first month. No fried foods or



preparing foods in more than a spray of oil on the pan. No food with an ingredient list.

• Dosing will be determined at your monthly visit and escalated to maximize results.

MENU GRAPHIC ...



We look forward to seeing you at your first visit and helping you get the most out of this exciting new option to help you lose weight and keep it off.

We can help you make this the last diet you may ever need.