

## WEGOVY/ZEPBOUND INFORMATION

***Note: These injections are for Adults with no history of Thyroid cancer or multiple endocrine neoplasia with BMI of 30+ or BMI of 27+ and additional medical conditions.***

1. We can write for **Wegovy (Semaglutide)** in the USA for everyone.
  - Separate injector for each weekly dose.
  - Check [your insurer for coverage](#) at the Wegovy website and then at your insurance website for cost.
    - Then check which pharmacies you can use
  - Cash pay pricing tends to exceed \$550 per month.
2. We can write for **Zepbound (Tirzepatide)** in the USA for everyone.
  - Two Dosing Formats
    - Separate weekly injectors (when covered by insurance)
    - Vials for self-injection (for discounted cash pay)
  - Check [your insurer for coverage](#).
    - If covered for a reasonable co-pay, then check pharmacies that are in-network.
  - If no coverage, we can send the prescription to [LillyDirect](#) pharmacy and they will ship you any of the 4 most commonly used doses for \$349-\$499 per month.
3. **Saxenda (Liraglutide)** is a similar but DAILY injection first approved for weight loss in 2017. This is may have [coverage](#) but results are slower than the above weekly shots.

Choose either Wegovy or Zepbound on price. If both are the same price to you, we recommend Zepbound for fewer side effects and slightly better results.

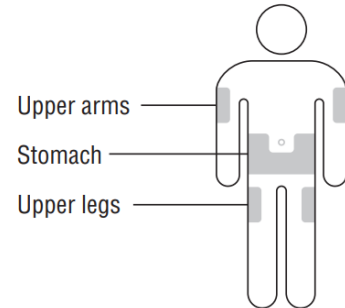
**Ozempic and Mounjaro, while identical medications to Wegovy and Zepbound, cannot be prescribed to non-diabetics. Insurance will not cover these for weight loss even though they might be on formulary or cheaper monthly than Wegovy and Zepbound.**

**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 ...

**NEW IMAGE**  
*Medical Aesthetics & Wellness*

**Your Menu (All You Can Eat !)**

				
<b>Meats</b> (Chicken/Fish)		<b>Fruit</b>	<b>Vegetables</b>	<b>Eggs</b>

**No Processed foods (shakes, grains, rice, dairy, oils)  
No Food that has an Ingredient List**

**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.**