

Before your program

Patient name: _____ DOB: _____ Today's date: _____

Your individualized program

- This program combines medical evaluation, nutrition and activity guidance, monitoring and an individualized care plan based on your history, goals and clinical assessment.
- Participation does not guarantee a prescription or any particular medication, dose or treatment. Your clinician will discuss appropriate options and decide whether medication is indicated.

Before starting - medical review

- Bring a list of medicines, supplements and weight-management products from all clinicians. Do not combine treatments or change prescribed medicines yourself.
- Report your medical and family history, previous reactions, current symptoms, pregnancy, pregnancy plans or breastfeeding. Complete the requested screening and laboratory testing.
- Review your eating patterns, previous weight-management efforts and activity limitations with the clinician.

Before each appointment

- Report new illness, medicines, pregnancy, a hospital visit or changed symptoms before treatment. Your clinician may adjust or postpone treatment.
- Attend follow-up, weight/body-composition assessments and ordered tests. Call for a missed appointment; do not arrange extra treatment to make up for it.

If medication is prescribed

- Follow the instructions for your actual prescription, including dosing, side effects, interactions, pregnancy/birth-control precautions, missed doses and reasons to seek care.
- Tell surgical, anesthesia and procedure teams about all your medicines. Follow their individual instructions rather than an online medication-hold schedule.

Patient initials: _____ I acknowledge receipt of these instructions.

A copy will be kept in my patient record.

During your program and follow-up

Patient name: _____ DOB: _____ Today's date: _____

Nutrition and physical activity

- Follow your individualized eating and activity plan. A reduced-calorie diet and regular exercise, adapted to your health and ability, are advised alongside treatment. If medication is prescribed, it works with diet and exercise; it does not replace them.
- Continue your nutrition and strength/activity plan. Maintain hydration within any prescribed fluid restriction and follow your clinician-approved activity limits.

During your program

- Keep track of your symptoms, eating patterns, activity and progress. Attend follow-up and monitoring visits so the clinician can review your response and adjust the plan.
- If medication is prescribed, follow only the prescribed dose and schedule. Do not increase, stop, restart or add medication without instructions from the prescribing clinician. A package purchase does not determine a prescription or dose.
- Report new, persistent or worsening symptoms before the next treatment. Follow your prescription-specific instructions for missed doses and side effects.

When to contact the office

- Seek prompt medical assessment for severe or persistent abdominal pain, repeated vomiting, inability to keep fluids down, very little urine or severe weakness. Do not wait for the next routine visit.
- Contact the clinician promptly if pregnancy occurs or you plan a pregnancy while using weight-management medication. Follow the instructions for your actual prescription.
- If you use insulin or another medicine that can lower blood sugar, follow your written monitoring and low-blood-sugar plan. Severe confusion, collapse or inability to swallow safely is an emergency.

Emergency symptoms

- Call 911 for trouble breathing, swelling of the tongue or throat, chest pain, collapse or stroke symptoms. Do not wait for a portal reply.

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