

THE MYRXPROVIDER STARTER GUIDE

Your first *30 days* on GLP-1

A simple, practical guide for your first month.

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Start here. *One week at a time.*

Starting a new medicine brings a lot of questions. This guide gives you simple, everyday habits for your first month, so you can feel more prepared and know when to reach out.

HOW TO USE THIS GUIDE

- ☐ Read it once all the way through. It takes about 15 minutes.
- ☐ Print the meal plan and grocery list and keep them in the kitchen.
- ☐ Fill in the 30-day tracker once a week. Bring it to your check-ins.
- ☐ Tick the boxes as you go. Small wins add up.
- ☐ Write down your questions as they come up, then send them to your care team.

This guide is general education. Your clinician's directions and your prescription label always come first.

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YOUR CARE TEAM IS HERE

FOR QUESTIONS

Message your care team in your patient portal.

Side effects, missed doses, dose questions, or anything that feels off. There are no silly questions. Your clinician would rather hear from you early.

EMERGENCY

911

Call 911 or go to the nearest emergency room for any medical emergency. Do not wait for a portal reply.

MENTAL-HEALTH CRISIS

988

Call or text 988, the Suicide & Crisis Lifeline, any time, day or night. It is free and confidential.

What the first month *often feels like*.

Everyone is different. Some people feel very little. Others notice changes right away. Here is what many people report, so nothing catches you off guard.

WEEK*One***Getting started**

You will usually start on a low dose so your body can adjust. You may feel full sooner and think about food less.

- Mild nausea is common, often a day or two after your injection.
- Eat small meals and stop at the first sign of fullness.

WEEK*Two***Finding your rhythm**

For many people, early stomach symptoms start to ease. For others, they come and go. Both are common.

- Keep your injection on the same day each week.
- Notice which foods sit well and which do not.

WEEK*Three***Building habits**

Smaller appetite can mean eating too little. That can leave you tired, lightheaded, or constipated.

- Protein first at every meal. Sip water all day.
- Add a short walk or a simple strength routine.

WEEK*Four***Check in**

Look back at your tracker. Share how you have been feeling with your care team, including any side effects.

- Your clinician decides if and when your dose changes.
- Write down your questions before your check-in.

Your clinician sets and adjusts your dose. Never change it on your own.

THE ONE RULE FOR EVERY WEEK

A NOTE ON THE SCALE

Weigh in once a week, same day, same time, before breakfast. Day-to-day numbers jump around with water, salt, and sleep. Look at the trend over weeks, not days.

A simple 7-day meal plan.

Small plates, protein at every meal, and food you can find at any grocery store. Eat what feels comfortable, and stop when you feel full. Swap days freely.

	BREAKFAST	LUNCH	DINNER	SNACK
Mon	Greek yogurt with berries	Turkey and cheese roll-ups, baby carrots, hummus	Baked salmon, small scoop of rice, green beans	String cheese and apple slices
Tue	Two scrambled eggs, half slice whole-grain toast	Rotisserie chicken over salad greens	Small bowl of turkey and bean chili	Cottage cheese with pineapple
Wed	Ready-to-drink protein shake, half a banana	Tuna salad with whole-grain crackers, cucumber	Chicken stir-fry with frozen veggies, small scoop of rice	Hard-boiled egg
Thu	Overnight oats made with milk and Greek yogurt	Leftover chili	Two small turkey tacos with lettuce and salsa	Shelled edamame
Fri	Cottage cheese with peaches	Chicken and vegetable soup, a few crackers	Shrimp, roasted potatoes, zucchini	Greek yogurt cup
Sat	Two egg-and-veggie muffin cups	Turkey and cheese wrap	Tofu or lean beef with roasted vegetables	Small handful of almonds
Sun	Egg on half a slice of avocado toast	Leftovers from the week	Sheet-pan chicken, sweet potato, broccoli	Glass of milk or protein pudding

GROCERY LIST

PROTEIN

- ☐ Eggs
- ☐ Rotisserie chicken
- ☐ Chicken breast or thighs
- ☐ Salmon and shrimp
- ☐ Canned tuna
- ☐ Ground turkey
- ☐ Deli turkey
- ☐ Tofu or lean beef

DAIRY

- ☐ Plain Greek yogurt
- ☐ Cottage cheese
- ☐ String cheese
- ☐ Sliced cheese
- ☐ Milk
- ☐ Protein shakes

PRODUCE

- ☐ Berries, apples, bananas
- ☐ Salad greens, lettuce
- ☐ Carrots, cucumber
- ☐ Zucchini, broccoli
- ☐ Sweet potatoes, potatoes
- ☐ Frozen stir-fry veggies
- ☐ Frozen edamame
- ☐ Fresh ginger

PANTRY

- ☐ Rice
- ☐ Rolled oats
- ☐ Whole-grain bread, tortillas
- ☐ Whole-grain crackers
- ☐ Canned beans
- ☐ Low-sodium soup
- ☐ Hummus, salsa
- ☐ Almonds

Easy fixes for nausea *and stomach upset.*

Stomach side effects are among the most common in the first weeks. These everyday habits help many people feel more comfortable.

AT THE TABLE

- ☐ Eat slowly. Put your fork down between bites.
- ☐ Stop at the first feeling of fullness, even if food is left.
- ☐ Choose smaller meals, more often.
- ☐ Pick bland foods on rough days: crackers, toast, rice, bananas, broth, plain chicken.
- ☐ Go easy on greasy, fried, spicy, or very sweet foods.
- ☐ Limit alcohol. It can make nausea worse.

BETWEEN MEALS

- ☐ Sip fluids between meals rather than gulping with food.
- ☐ Try warm ginger or peppermint tea.
- ☐ Stay upright for at least 30 minutes after eating. Don't lie down right away.
- ☐ Get fresh air and go for a gentle walk.
- ☐ Wear loose, comfortable clothes around your waist.
- ☐ Notice your trigger foods and write them in your tracker.

IF YOU'RE CONSTIPATED

- ☐ Add fiber slowly: fruit, vegetables, beans, oats.
- ☐ Drink more water as you add fiber.
- ☐ Move every day. A 10-minute walk after meals helps.
- ☐ Ask your care team before taking any laxative or stool softener.

*Stop at the first sign of fullness.
Your appetite is giving you
useful information.*

MESSAGE YOUR CARE TEAM

if nausea, vomiting, diarrhea, or constipation doesn't get better or keeps you from eating or drinking. See page 8 for when to get emergency care.

Keep your strength *while you change.*

When you eat less, your body can lose muscle along with fat. Three simple habits help you hold on to it: protein, strength, and sleep.

PROTEIN

A palm-sized portion at every meal.

Eat your protein first, before the rest of your plate. Ask your care team about a daily protein target for you.

STRENGTH

Two to three times a week.

Short sessions count. Rest a day between strength days. Walk on the other days.

SLEEP

Aim for 7 to 9 hours.

Your body repairs muscle while you sleep. Keep a steady bedtime and a cool, dark room.

A BEGINNER ROUTINE, ABOUT 20 MINUTES

- 1 **Bodyweight squats** 2 sets of 8–12
Sit back toward a chair, then stand. Touch the seat lightly if you need to.
- 2 **Wall push-ups** 2 sets of 8–12
Hands on the wall at shoulder height. Lower your chest toward the wall, then push back.
- 3 **Band rows** 2 sets of 10–12
Loop a resistance band around a sturdy post. Pull your elbows back and squeeze your shoulder blades.
- 4 **Glute bridges** 2 sets of 10–15
Lie on your back, knees bent. Press through your heels and lift your hips, then lower slowly.
- 5 **Walking** 10–30 min
A brisk walk at a pace where you can still talk. Start where you are and add a few minutes each week.

TICK YOUR STRENGTH DAYS THIS WEEK



Move slowly and stop if anything hurts. If you have heart, joint, or balance concerns, or haven't exercised in a while, check with your clinician before starting.

Sip steadily, *all day long*.

A smaller appetite often means less thirst, and you get less water from food. Falling behind on fluids can make nausea, headaches, tiredness, and constipation worse.

EASY HABITS

- ☐ Keep a water bottle with you and sip through the day.
- ☐ Start the morning with a glass of water.
- ☐ Check your urine: pale yellow is a good sign.
- ☐ Drink more on hot days and when you exercise.
- ☐ Broth, milk, and sugar-free electrolyte drinks count too.

ELECTROLYTES, SIMPLY

Electrolytes like sodium and potassium help your body hold on to water. If you've had vomiting or diarrhea, a sugar-free electrolyte drink or broth can help. If you have kidney or heart problems or take blood pressure medicine, ask your care team before adding electrolyte products.

Same day, *calm routine*.

General tips only. Always follow the directions on your prescription label and from your clinician.

- ☐ Pick one day each week and set a phone reminder.
- ☐ Wash your hands and clean the skin with an alcohol swab. Let it dry.
- ☐ Rotate sites: belly (2 inches from the belly button), front of the thigh, or back of the arm.
- ☐ Use a new spot each time, about an inch from the last one.
- ☐ Store your medicine exactly as your pharmacy label directs.
- ☐ Use a new needle every time. Never share needles or syringes.
- ☐ Put used needles in a sharps container right away. Follow your local rules for disposal.
- ☐ Missed a dose or unsure what to do? Don't double up. Message your care team.

INJECTION LOG: TICK THE SITE YOU USED

	DATE	BELLY L	BELLY R	THIGH L	THIGH R	ARM L	ARM R
Week 1		☐	☐	☐	☐	☐	☐
Week 2		☐	☐	☐	☐	☐	☐
Week 3		☐	☐	☐	☐	☐	☐
Week 4		☐	☐	☐	☐	☐	☐

Know who to call, *and when.*

Most side effects are mild and fade with time. Some need attention. Keep this page somewhere easy to find.

MESSAGE YOUR CARE TEAM

Reach out soon if you have:

- Nausea, vomiting, or diarrhea that doesn't get better
- Trouble keeping fluids down
- Signs of dehydration: dark urine, peeing less, dry mouth, dizziness when you stand
- If you take diabetes medicine: signs of low blood sugar, like shakiness, sweating, fast heartbeat, confusion, or feeling very hungry
- A lump or swelling in your neck, hoarseness, or trouble swallowing
- You become pregnant, plan to, or are breastfeeding
- Any side effect that worries you

CALL 911 OR GO TO THE ER

Get care right away for:

- Severe stomach pain that won't go away, with or without vomiting. It may spread to your back.
- Signs of a serious allergic reaction: swelling of the face, lips, tongue, or throat; trouble breathing; severe rash; feeling faint
- Sudden changes in your vision
- Fainting, or a very fast or pounding heartbeat
- Thoughts of harming yourself. Call or text **988** any time, or call 911.

When in doubt, get help. If something feels seriously wrong, call 911 first. Message your care team afterward so they can follow up.

BEFORE YOU MESSAGE, JOT DOWN

- ☐ What you're feeling and when it started
- ☐ What you've been able to eat and drink
- ☐ Your current dose and your last injection day

KEEP YOUR CARE TEAM IN THE LOOP

- ☐ Share every medicine and supplement you take
- ☐ Tell them before any surgery or procedure
- ☐ If you take birth control pills, ask if you need a backup method

Track the trend, *not the day.*

Fill this in once a week. Tick a box each day you hit your goal. Bring it to your check-in.

WEEK 1 START DATE	WEIGHT _____ HOW I FEEL Low ○○○○○○ Great	Protein Water Movement	M T W T F S S ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
WEEK 2 DATE	WEIGHT _____ HOW I FEEL Low ○○○○○○ Great	Protein Water Movement	M T W T F S S ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
WEEK 3 DATE	WEIGHT _____ HOW I FEEL Low ○○○○○○ Great	Protein Water Movement	M T W T F S S ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
WEEK 4 DATE	WEIGHT _____ HOW I FEEL Low ○○○○○○ Great	Protein Water Movement	M T W T F S S ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

NOTES: HOW I'M FEELING, FOODS THAT WORK

QUESTIONS FOR MY CARE TEAM

Ready *when you are.*

Clinician-led GLP-1 weight care with compounded tirzepatide and semaglutide, for people who want a clear, cash-pay path and real support along the way.

01

Start online

Answer a short health questionnaire on your own time.

02

Clinician review

A licensed clinician reviews your history and decides whether treatment is right for you.

03

Ongoing care

If prescribed, your medication is prepared by a licensed U.S. pharmacy and shipped to you, with your care team a message away.

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This guide is general information, not medical advice. It does not replace advice from your clinician. Compounded medications are prepared by state-licensed U.S. pharmacies and are not FDA-approved. Individual results vary.

Treatment requires a consultation with a licensed clinician and is prescribed only if appropriate. In an emergency, call 911. For a mental-health crisis, call or text 988. · myrxprovider.com