



Welcome
to thrive lab

I'm Dr. Nayan Patel, and I want to welcome you to Thrivelab

I'm honored that you've chosen us to be your testosterone replacement therapy (TRT) partner. This booklet will help you navigate the next three to six months of your testosterone optimization.

Knowing what to expect from your treatment can help you manage your experience to get the most out of your therapy.

I hope you'll take a moment to mark this day as the beginning of a new chapter for yourself. One that brings you vitality, energy and renewed spirit as you reclaim your performance to enjoy life and the people around you more fully.

Wishing you so much good health on this journey.

Sincerely,



DR. NAYAN PATEL

CHIEF CLINICAL OFFICER, THRIVELAB



Nayan Patel, Pharm.D.

Your Thrivelab TRT has arrived

You are so unique. Which means you're going to have a very personal experience with TRT.

Our clinical team has spent more than 25 years researching testosterone therapy and clinical protocols to support the development of your optimization plan. In addition, your testosterone prescription was custom made by our pharmacy partners in accordance with this clinical experience and your doctor's orders.

Bioidentical testosterone is derived from plants that are chemically identical to those produced by the human body. They are very different from synthetic products, which are not chemically identical to testosterone in humans. Research has shown that testosterone replacement therapy may help men reduce their risks of heart disease and diabetes, while increasing vitality and performance.

Once your treatment begins, you may start to see your symptoms diminish and experience an improvement in your overall well-being within a few weeks.

As your testosterone levels adapt and rebalance, you will start feeling and seeing the full results within three to six months.

Now what?

The first three months of your therapy are the most critical. So, it's important that you follow your doctor's instructions on dosing and application.

Your Thrivelab doctor has prescribed a dose specific to you and your physical needs. Over the next three months, your medical team will calibrate your medication to find the optimal dose for you based on a continued assessment of your symptoms and goals.

During this time, your nurse practitioner will contact you regularly for feedback on your treatment.





You've started TRT to achieve some very specific goals:

- + ACHIEVE HARDER ERECTIONS THAT LAST LONGER
- + INCREASE YOUR SEX DRIVE
- + GET LEANER MUSCLE
- + LOSE WEIGHT
- + INCREASE YOUR ENERGY
- + SLEEP BETTER
- + IMPROVE YOUR MENTAL CLARITY

Like everything else in life, you get back what you put in. So, the results you want will depend on your commitment to consistently follow your treatment and adopt the lifestyle changes that can help you achieve them.

With the help of Thrivelab, your doctors, your TRT prescription and your commitment, all your goals are attainable.

[THRIVELAB.COM](https://www.thrivelab.com)

It's all about you

Follow these three rules for success and you'll see the results you want from your treatment:



Take your TRT prescription medications on time, as prescribed.

This is absolutely the single most important thing you can do. Your meds can't work, if you don't take them.



Stay connected with your Thrivelab medical team.

Based on your experience with Thrivelab and your medical team so far, you'll realize that we're not your run of the mill medical service. We're committed to you and your success, so we've made it easy for you to keep in contact with us. Your Testosterone Balancing Plan includes regular medical appointments and tools to help you assess how TRT is working for you.



Support your therapy with healthy, practical lifestyle changes.

TRT is not a silver bullet for weight loss or aging better. It's part of a bigger picture for aging well that includes eating properly, exercising and getting enough sleep.

Tips to keep you on track and focused

It's not always easy to remember to take your medications, nor recall how you felt over the past week when you speak with your Thrivelab nurse practitioner. We get that, so here are some proven tips to help you stay on track.



Set a daily alarm.

Use your smartphone or an app to remind you to take your medication every day. Thrivelab recommends the Medisafe app ([medisafeapp.com](https://www.medisafeapp.com)). It's the most comprehensive and easiest to use.



Make notes in your calendar.

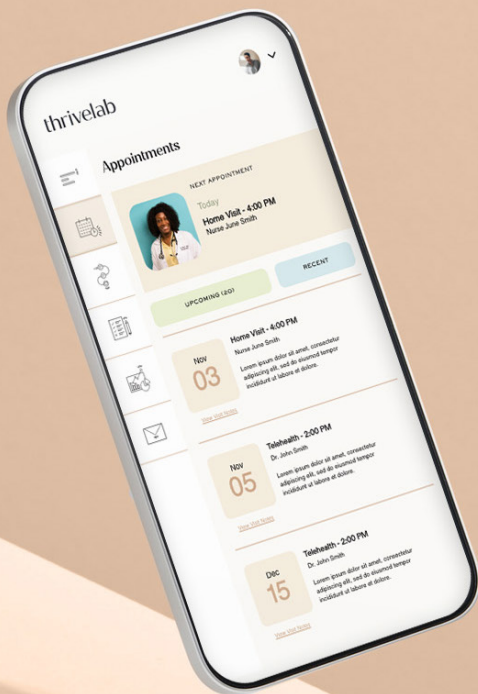
Track your dose, moods and any physical symptoms you experience. Detailed information will help your Thrivelab nurse practitioner adjust dosing to achieve optimal results. There's a free app at www.flaredown.com that helps you track your experiences.



Stick to your scheduled Thrivelab doctor's appointments and fill out the monthly self-assessment online.

These are important. If you must cancel, reschedule as soon as possible.

Our online self-assessment tool supports your success



The first three months

When you first start TRT, you might experience side effects as your body adjusts. These vary person to person, so it's important to share any changes you experience with your nurse practitioner over the next three months.

Some common side effects you may experience:

- Indigestion.
- Blurred vision.
- Mood swings.
- Weight gain.
- Headaches.
- Fatigue.
- Redness at the site of injection or application.

You may also experience changes in your bowel movements. This isn't necessarily cause for concern, as TRT is eliminated from your body through your liver, which can affect your bowel movements. If you experience constipation or loose stools for more than three days, contact your nurse practitioner immediately.

Side effects from stabilizing your testosterone usually improve once your dose is optimized.

We recommend you stay on your treatment for at least six months to see the full benefits of TRT.

What to expect from TRT

MONTH _____

01. After the first few weeks, you'll notice a dramatic increase in your sexual drive. By week six, you will experience the full effect. You will also notice an improvement in your mood, mental clarity, energy and attention.

MONTH _____

02. If you experienced any symptoms of depression or anxiety prior to treatment, you'll notice that they have begun to dissipate. This will continue over the next three months, with your mood, desire and performance steadily improving. You may experience less joint pain as inflammation decreases.

MONTH _____

03. Blood circulation will improve, which leads to better erections that last longer. Changes in fat mass, lean body mass, and muscle strength will become noticeable. These will continue to improve for years. If you have diabetes, you may notice an improvement in glycemic control around this time.

MONTH _____

06.⁺ Your bones will begin to strengthen, and will continue to do so for the next three years and beyond.

Your TRT prescription

Your Testosterone Balancing Plan contains dosing and application instructions. You can also find these instructions on your medication.

Here are few things to keep in mind:

01. **Every month, your TRT prescription medication will be delivered discreetly to your door.**

If you haven't received your package at least five days before the beginning of a new month of treatment, call your Patient Care Coordinator at (737) 377-1600.

02. **Stay on the correct dosage.**

Don't increase or decrease the dose without first discussing this change with your nurse practitioner.

03. **Don't skip a day or miss a dose.**

If you do happen to miss a day, don't double up the next day. Just carry on with your normal dose.

04. **Rotate your application or injection sites.**

It's important to apply topical TRT to different areas of your body and to choose a different site for injection at least 3x during the week. Alternatively, you can apply topically to the perineal area and never change the site again.



We're with you all the way

YOUR SCHEDULE

Week one

Telehealth appointment with patient care to review application of medications.

Monthly (ongoing)

On-call telehealth and patient care, available by video, phone and text.

Month three

- 20-min telehealth check-in.
- Blood draw & lab testing.

Annually

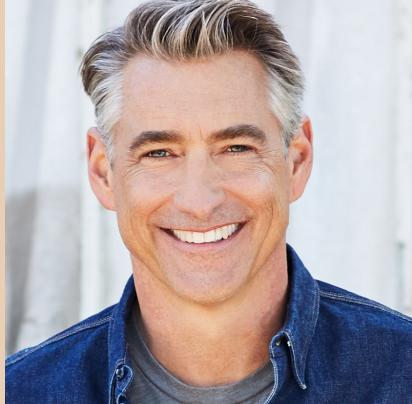
45-min telehealth appointment.

On-demand

- Prescription Management.
- Plan Optimization.
- Health Coaching.

At any time, you can reach out to your patient care coordinator to schedule an appointment with your nurse practitioner at (737) 377-1600.

LONG



LIVE

YOU



Helping good
humans **thrive.**



thrive**lab**