

Metabolic Wellness Is More Than Weight

Everyday habits influence how your body feels,
functions, and ages.

By Dr. Brett S. Hirsch, D.O. | DHmeds.com



Healthy weight is only one part of the picture.

KEY TAKEAWAYS



Look Beyond the Scale

Weight matters, but it does not tell the whole story.



Support Strength

Muscle, movement, and function become more important with age.



Build Consistency

Small habits repeated over time shape long-term wellness.



Start With Awareness

Notice what is working well and where you may need support.

What's Your Metabolic Wellness Score?™

12 questions. A few minutes. A clearer picture of your everyday habits.

Small choices. Steady progress. Better metabolic wellness over time.

Educational information on DHmeds.com is available nationwide.
Medical services provided by DHmeds are available to eligible patients in Florida.

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