



GLP-1 Program

Capitol Wellness Center
Lose Weight At Your Pace

WHAT ARE GLP-1'S

GLP-1-based medications are designed to work with your body by mimicking natural hormones that help regulate blood sugar and appetite. They support healthy insulin levels, reduce excess sugar release, and signal to the brain that you're full—helping decrease cravings and promote a more balanced approach to eating. Medications like semaglutide, tirzepatide, and retatrutide are specially formulated to stay active in the body much longer than the natural hormones we produce, allowing for consistent, long-lasting support with weight management.

At CWC, we offer compounded versions of these therapies to make them more accessible and affordable, while still tailoring treatment to each patient's individual needs and goals.

SEMAGLUTIDE

Semaglutide is a well-established option that works by mimicking a natural hormone in your body to help regulate appetite and blood sugar. It's especially known for helping reduce cravings and supporting portion control, making it a great starting point for many patients on their weight loss journey.

TIRZEPATIDE

Tirzepatide builds on this by targeting two pathways instead of one. In addition to GLP-1, it also works on another hormone involved in blood sugar and metabolism. This dual action can lead to even stronger appetite control and improved metabolic support, which is why many patients experience more significant results.

RETATRUTIDE

Retatrutide is part of a newer generation of therapies and works on three different pathways in the body. Along with appetite regulation and blood sugar support, it also enhances how the body uses energy and burns fat. This broader approach makes it an exciting option for patients looking for more advanced support.

PRICING PER MONTH

Semaglutide

0.25mg.....\$80
0.50mg.....\$120
1.0mg.....\$160
2.0mg.....\$280

Tirzepatide

2.5mg.....\$100
5.0mg.....\$180
7.5mg.....\$260
10.0mg.....\$340
15.0mg.....\$500

Retatrutide

1.0mg.....\$120
2.0mg.....\$200
4.0mg.....\$360
6.0mg.....\$480

The provided dosing options above are standard, but dosing can be customized to each individual patient's needs. We offer less expensive micro-dosing options as well. Prices are subject to change at any time.

OFFICE: (503) 477-7602
FAX: (921) 288-1303

CAPITOL WELLNESS CENTER
DR. SUSANNE BREEN

11030 SW CAPITOL HWY
SUITE 200
PORTLAND, OR 97219

Capitol Wellness Center

OUR PROGRAM

We have thoughtfully designed this program to provide patients with safe, affordable access to medications we truly believe in.

Every patient begins with a comprehensive new patient appointment with our health coach, where we'll discuss your goals, review medication options, and explain how each treatment works. These medications are introduced gradually, with doses increased over time. During your initial visit, we'll also guide you on how to recognize when you may be ready for a dose adjustment.

Lab work is required at the start of the program to establish a baseline. This can be completed during your appointment with us or through another provider, as long as the required labs are completed prior to starting treatment. You do not need to have results available the same day—patients are still able to begin and take home their medication at the initial visit.

After your first appointment, we require follow-up check-ins every six months to monitor vitals and track progress. Depending on our provider's evaluation of your lab work, more frequent follow-ups may be recommended. If not clinically indicated otherwise, repeat lab work is needed after the first six months, and then once a year thereafter.

Medications are provided as a once-weekly injection and are dispensed in one-month supplies. When you're ready for a refill, simply contact our office—most refills can be completed the same day. For straightforward dose adjustments, an office visit is not required; however, we are always happy to schedule an appointment if you would like additional guidance. Once you feel confident in your dosing, you may choose to pick up more than one month's supply at a time.

PROGRAM PRICING

Initial Intake Appointment.....\$150
Six Month Check-Ins/Additional Visits.....\$50
Required Lab Work.....\$64
Blood Draw Fee.....\$49

As a physician-led medical office, we are able to accept certain insurance plans for this program. As part of your new patient paperwork and onboarding process, we will verify any insurance you provide. Please note that insurance verification typically takes 3–5 business days. While coverage can vary, we are committed to helping minimize out-of-pocket costs whenever possible and will work with you to find the most affordable options available.

Initial Intake Appointment.....subject to insurance benefits
Six Month Check-Ins/Additional Visits.....subject to insurance benefits
Required Lab Work.....subject to insurance benefits
Blood Draw Fee.....\$39

While the GLP-1 medications are not covered by insurance, many HSA/FSA plans may apply. We encourage you to review your plan benefits.