



# GLP-1 WEIGHT REDUCTION SHOTS

## SCIENCE

- Mechanism of Action: GLP-1 (glucagon-like peptide-1) is a hormone that enhances insulin secretion, inhibits glucagon release, and slows gastric emptying, leading to better blood sugar control and reduced appetite .
- Clinical Studies: Numerous clinical trials have demonstrated the efficacy of GLP-1 agonists in promoting weight loss and improving glycemic control. These studies highlight the safety and effectiveness of GLP-1 shots for long-term use .
- Hormonal Impact: By increasing GLP-1 levels, these shots help modulate the brain's appetite control centers, leading to decreased food intake and increased satiety .
- Cardiovascular Benefits: Research has shown that GLP-1 agonists not only aid in weight loss but also offer protective effects on the cardiovascular system, reducing the risk of major adverse cardiovascular events

## BENEFITS

- Aid in weight loss by reducing appetite and increasing feelings of fullness.
- Improve Blood Sugar Control
- Reduced Risk of Cardiovascular Diseases
- Enhanced Metabolic Health

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## Welcome to Thrive Infusions!

Hi [Client's Name]!

Welcome to Thrive Infusions! We are thrilled to celebrate the beginning of your wellness journey with us. Your commitment to better health and well-being is truly inspiring, and we are here to support you every step of the way.

### Embarking on Your Wellness Journey

At Thrive Infusions, we believe in a holistic approach to health. Our semaglutide weight management program is designed to provide you with the tools and support you need to achieve your goals. From personalized nurse consultations to a comprehensive support system, we are dedicated to helping you thrive.

### We're Here for You

Our team at Thrive Infusions is committed to being there for you whenever you need us. Whether you have questions, need guidance, or just want to check in, don't hesitate to reach out. We encourage you to schedule nurse consults regularly to stay on track and ensure your journey is as smooth and successful as possible.

### Explore Our Resources

We also encourage you to explore our resource partners for additional lifestyle changes. From dietitians to wellness coaches and personal trainers, we have a network of experts ready to support you in every aspect of your health journey. Embrace these opportunities to make positive changes and achieve your wellness goals. Check them Weekly, more are getting added!

### Celebrate Your Progress

Every step you take is a step towards a healthier, happier you. Celebrate your progress, no matter how small, and remember that we are here to cheer you on. Together, we can achieve amazing things!

Welcome to the Thrive Infusions family. Let's make your wellness journey a remarkable and rewarding experience!

Check the next page and see where you are at In the process!



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## GLP-1 Weight Reduction Shots Checklist!



- Schedule a Virtual Nurse Consult
  - Purpose: Discuss weight management options.
  - Note: Initial consult is not included in the program price.
- Schedule Appointment for Consent and Verification
  - Activities:
    - Obtain patient consent.
    - Verify BMI.
    - Conduct Q&A session.
    - Collect lab samples (CMP, HGBA1C, Lipid, TSH).
- Schedule Appointment with Health Care Provider
  - Provider: MD, APRN, PA.
  - Payment:
    - Card is held on file.
    - \$25 charge if not approved.
    - Medical consult fee charged separately if approved.
- Medication Ordering and Shipping
  - Process:
    - Medication is ordered and shipped.
    - Remaining payment is collected at this time.
- Mark Delivery in Hydreight App
  - Action: Confirm delivery of medication in the Hydreight app.
- Optional: Schedule Nurse Consult for Medication Administration
  - Options:
    - Virtual or in-person consult (fees apply) to review semaglutide administration.
- Administer Semaglutide
  - Action: Follow proper administration guidelines for semaglutide.
- Log Medication Administration
  - Action: Record the administration details in the Hydreight app.
- Complete Picture Submissions and Weekly Check-In Forms
  - Process: Use QR codes to submit photos and complete weekly check-in forms.
- Schedule Nurse Check-In
  - Purpose:
    - Monthly Check In to review progress
    - Verify BMI.
    - Reorder medications if appropriate.

By following this comprehensive checklist, you can ensure a smooth and effective process for managing your weight loss journey with semaglutide. For any questions or additional support, please contact your healthcare provider or nurse consultant



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## GLP-1 Weight Reduction Shots Snapshot

GLP-1 Weight Reduction Shots is advertised as Ozempic and Wegovy as brand name product that comes in a pen. That is something that is prescription only. It would go to an individual patient to a pharmacy and it would be considered Novo Nordisk commercially or conventionally manufactured product.

## GLP-1 Weight Reduction Shots Important Information

- It is on national shortage as brand name, which allows compound pharmacies to step in and supply GLP-1 for weight loss and diabetes.
- Thrive IV Infusions does not treat weight loss or diabetes directly and, therefore, will not have providers prescribe these medications for such conditions. Instead, we provide GLP-1 Weight Reduction Shots as supportive therapies designed to work in conjunction with lifestyle modifications.
- Thrive IV Infusions has partnered with several resources that will help with additional lifestyle modifications
  - **Consultation with a Registered Dietitian:** Received a free 15 minute consult with a Registered Dietician, Julie Hill.
  - **Access to a Wellness Coach:** Ongoing support for sustainable lifestyle changes. (Sergio)
  - **Personal Trainer Services:** Tailored fitness plans to enhance your overall health and wellness. (Sergio Spouse)

## Science of GLP-1 Weight Reduction Shots

- GLP-1 Weight Reduction Shots is a glucagon-like peptide-1 (GLP-1) receptor agonist that is in a class of medications called incretin mimetics.
- Semaglutide is the active ingredient for GLP-1 Weight Reduction Shots and is typically received by subcutaneous (SQ or Sub-Q) weekly injection.
- GLP-1 Weight Reduction Shots lowers blood glucose levels – GLP-1 Weight Reduction Shots works to lower high blood sugar by assisting the pancreas, blocking a hormone called glucagon-like peptide 1 (GLP-1), (which controls the flow of glucose into cells) and increasing the amount of insulin that is released. These workings, in turn, lower the amount of glucagon released and delays gastric emptying. Insulin helps move sugar from the blood into other body tissues where it is used for energy. As a result, GLP-1 Weight Reduction Shots:
  - Slows down movement of food through the stomach and stomach emptying so that, after eating, clients feel full longer.
  - Suppresses appetite and food cravings, reducing the amount of food clients will want to eat at a given sitting (on average clients eat ~30% less).

## What is GLP-1 Weight Reduction Shots used for?

- GLP-1 Weight Reduction Shots is typically indicated in chronic weight management as an adjunct to:
  - reduced calorie diet
  - increased physical activity § in adult clients with an initial BMI of:
    - 30 kg/m<sup>2</sup> or greater (obesity)



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## What is GLP-1 Weight Reduction Shots used for?

- 27 kg/m<sup>2</sup> or greater (overweight) in the presence of at least one weight-related comorbid condition (e.g., hypertension, Type 2 diabetes mellitus, or dyslipidemia).

## Contraindications to GLP-1 Weight Reduction Shots

- Prior adverse or allergic reaction to GLP-1 Weight Reduction Shots, or to any of its ingredients (see inactive and other, such as B12, carnitine etc)
- Prior history of anaphylaxis or angioedema with, or other adverse or allergic reactions to, another GLP-1 receptor agonist:
  - Dulaglutide (Trulicity)
  - Exenatide extended release (Bydureon Exenatide (Byetta)
  - Liraglutide (Victoza, Saxenda)
  - Lixisenatide (Adlyxin).
- Personal medical history involving:
  - diabetes mellitus (the injection to be provided only under medical director's discretion) and any related condition such as diabetic retinopathy (diabetic eye disease) or diabetic ketoacidosis.
  - HbA1C >8% Disclose other Diabetic Medication
  - Type 1 diabetes mellitus
  - Pancreatitis
  - Gallbladder disease (unless uncomplicated removal of gallbladder has been performed- disclose to medical director).
  - Medullary Thyroid Carcinoma (MTC) thyroid cancer - GLP-1 Weight Reduction Shots may increase the risk that client will develop tumors of the thyroid gland.
  - Multiple Endocrine Neoplasia, type 2 (MEN 2) glandular tumors.
  - Kidney disease/kidney insufficiency.
- Men or women trying to get pregnant (including the two-month period prior to the sexual or other activity ultimately resulting in pregnancy)
  - estimated background risk of major birth defects for offspring of clients attempting to become pregnant is approximately 3% of resulting pregnancies.
  - estimated background risk of miscarriage for pregnancies in which the man or woman has received Semaglutide is approximately 18% of such resulting pregnancies.
- Pregnant women
- Clients who are breast-feeding / regularly engaged in breastfeeding a child (clients using GLP-1 Weight Reduction Shots within two months prior to breast-feeding or at any time during the course of breast feeding will likely have GLP-1 Weight Reduction Shots present in their breast milk)
- Clients who are less than 18 years old
- Clients who are experiencing or have experienced depression with a history of suicidal attempts, suicidal thoughts or active suicidal ideation.



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# GLP-1 Weight Reduction Shots

## Contraindications to GLP-1 Weight Reduction Shots

- GLP-1 Weight Reduction Shots are not to be administered while a person is receiving chemotherapy since one or more GLP-1 Weight Reduction Shots SQ injections may cause the chemotherapy to be less effective
- GLP-1 Weight Reduction Shots cannot be co-administered with sermorelin.
  - GLP-1 Weight Reduction Shots is for patients with a BMI greater than 27 with the above indications. Sermorelin is medically appropriate for individuals who are otherwise relatively healthy with 5-15 pounds to lose and at a lower BMI.

## Pre-Surgery Instructions for GLP-1 Weight Reduction Shots Usage

If you are planning a surgical procedure while on GLP-1 Weight Reduction Shots, please be aware of the following guidelines:

- **Stop GLP-1 Weight Reduction Shots Dose 7 Days Prior:** You must stop taking your GLP-1 Weight Reduction Shots 7 days before your scheduled surgery.
- **Post-Surgery Resumption:** You may only resume your GLP-1 Weight Reduction Shots after receiving clearance from your healthcare provider.
- **Required Documentation:** A note from your healthcare provider is required to resume GLP-1 shots, along with additional clearance from our Health Care Providers.

## Risk/Dangers

- Tremors\*
- Cramps\*
- Difficulty Breathing\*
- Flushes\*
- Anaphylaxis\*
- Angioedema\*
- Fainting/dizziness
- Severe Headache
- Vomiting
- Diarrhea
- Nausea
- Irregular Hunger
- Unexplained Anxiety
- Unexplained Irritability
- Irregular Weakness
- Chills/Fever
- Gauntness
- Heart Rate Changes
- Hypoglycemia
- Dizziness
- Retinopathy
- Vision changes/impairment
- Color blindness
- Blurred vision
- Abdominal pain
- Constipation
- Heartburn
- Burping
- Rash/Itching
- Swelling of eyes, face, mouth Jaundice
- Stool discoloration
- Swelling of legs, ankles, feet

**Denotes potential GLP-1 Weight Reduction Shot toxicity (allergic hypersensitivity) and Emergency Protocol will be Initiated.**



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## Some Symptoms to Thyroid Gland Tumors (Including MTC)

- Swelling in neck/throat\*
- Hoarseness\*
- Difficulty Breathing\*
- Difficulty Swallowing\*

**Denotes potential for thyroid gland tumor – Services Stopped, Referral sent to your physician for further evaluation.**

## Pre-Treatment Evaluation

- Prior to a being administered GLP-1 Weight Reduction Shots, an assessment and Labs will be required.
- The assessment consists of obtaining the client's:
  - Medical History
  - Vital Signs
  - Mental Alertness Status
  - BMI must be verified at 27 or higher
  - Screening tool
  - Lab Draw
    - Comprehensive Metabolic Profile (CMP)
    - Lipid Panel
    - Hemoglobin A1C (HbA1C) >8% will not be allowed to receive except in medical director's discretion
    - TSH
- Labs will only be obtained initially unless the client has a change in medical history.
- Clients who are currently on a GLP-1 Weight Reduction Shots elsewhere and are transferring to Thrive IV Infusions.
  - Must have a lab panel or have completed lab panel within 90 days
    - If not, then a lab panel must be done prior to telehealth and approval
  - After telehealth, client may continue at the same dose they were previously on prior to transfer to Thrive IV Infusions for initial fill of prescription.
    - For subsequent fills and follow up dosing changes
- As well as the assessment and lab being drawn, a telemedicine visit will be scheduled and clearance must be performed on all consenting participants. An additional assessment will occur if of any change(s) in:
  - Medical History/Diagnosis
  - Development of a new allergy
  - Complaining about or experiencing any abnormal symptom(s)/illness(s)
- Once clearance has been approved, the provider will approve patient-specific order thru app.



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# GLP-1 Weight Reduction Shots- Help Resources

## Wellness PharmD Consulting - To be your best, you must be in your best Health

At Wellness PharmD Consulting we take the time to look at your overall wellness and health. By listening to your health concerns and addressing them through nutritional and supplemental support.

We offer more than just an opinion, we offer a plan to get your health and energy back. From finding supplements to help with the common cold to addressing your serious health concerns, we are here to help.



## Integrative Wellness

Expert dietitian, Julie Hill, provides personalized diet and supplement guidance, as well as self-paced online education programs to help you reach your health goals. Our comprehensive topics cover everything from weight loss and metabolism, to inflammation and gastrointestinal support.

We believe in the power of personal connection and understanding your unique needs. That's why we're excited to offer you a **FREE 15-minute information call**.



**Julie Hill**  
RD, LDN, IFMCP  
Nutrition Solutions for Optimal Health







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## Prep It Up! - Food That Fuels!

Here at Prep It Up, our goal is to make healthy eating convenient and affordable. Ready to eat nutritious bowls, soups and snacks delivered weekly to your home or office; always crafted with the freshest seasonal ingredients.

**Free Delivery code:** VIPDELIVERY  
**10% off entire order code:** THRIVE



## Herbal Life - Protein Paradise!

At Protein Paradise, we promote a healthy way of living with a wide selection of protein powders to please everyone's palate. Our shakes are a good meal replacement option whether you're looking to lose or maintain weight. With a quick consultation, we can customize any type of plan with various recipes and ideas. We look forward to being a part of your amazing transformation.





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## GLP-1 Weight Reduction Shots- Help Resources

### Elevated Nutrition Coaching

welcome to Elevated Nutrition Coaching. The best diet to follow is the one that works within the context of YOUR life. I'm here to help you understand which nutritional habits will work best for you to help you reach your goals. I have worked with professional athletes, corporate business leaders, and parents who want to make healthy eating a priority for their family.

We are an online coaching company dedicated to helping anyone else who wants to make better nutrition and lifestyle choices to live a healthier and happier life. We create structure, support, accountability, and education to ensure you reach your goals.



### Bloom Therapeutics

Dr. Jason is a Doctor of Physical Therapy as well as a Certified Strength and Conditioning Specialist. Dr. Jason takes a holistic approach to physical therapy and wellness, incorporating yoga, pilates, myofascial release, mindfulness, and nutrition. Bloom Therapeutics offers one-on-one personalized physical therapy sessions (in person & virtual), as well as assisted stretching sessions, and Health and Wellness Coaching to improve how you look and feel inside and out.

**Enjoy 10% off** all services by mentioning code **THRIVE**.





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# GLP-1 Weight Reduction Shots- Help Resources

## LA Fitness - Gulf Coast Town Center

LA Fitness is your premier exclusive health and fitness club!  
Come and join us and see the difference in your exercise routine and wellness lifestyle.  
Conveniently located in the heart of Lee County at the Gulf Coast Town Center, LA Fitness offers the widest array of amenities, equipment, and coaching available, to bring your greatest fitness goals from dream to reality.



## Anytime Fitness - Estero Location

Welcome to Anytime Fitness Estero! Locally owned and operated, our welcoming gym offers you a supportive community to reach your health and wellness goals. Our expert coaches and staff are ready to help you every step of the way, including a free fitness consultation and personalized plan. Plus, get 24/7 access to more than 5,000 locations across the globe, which means we're never far from your home, work or vacation destination. We're excited to meet you!

Mention **Thrive-IV** for a **10% off** membership dues + **\$0 Enrollment!**





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Scan QR Code to  
see video on how to  
administer  
Subcutaneous  
Injection



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## How to Administer a Subcutaneous (Sub-Q) Injection

A subcutaneous injection is used to deliver medication into the layer of fat between the skin and muscle. This method is often used for medications such as insulin, hormones, and vaccines.

### Supplies Needed

- Medication in a vial
- Alcohol swabs
- Syringe with needle
- Sharps container for disposal

## Steps to Administer a Sub-Q Injection

### 1. Wash Your Hands

- Wash your hands thoroughly with soap and water for at least 20 seconds. Dry your hands with a clean towel or air dry them.

### 2. Gather Your Supplies

- Make sure you have all your supplies ready and within reach.

### 3. Prepare the Injection Site

- Choose an injection site (abdomen, thigh, or upper arm).
- Rotate sites to avoid tissue damage.
- Clean the site with an alcohol swab in a circular motion from the center outward. Let it air dry.

### 4. Prepare the Medication

- If using a vial, draw the medication into the syringe:
  - Clean the vial top with an alcohol swab.
  - Draw air into the syringe equal to the medication dose.
  - Insert the needle into the vial and push the air in.
  - Turn the vial upside down and draw the correct dose into the syringe.
  - Remove any air bubbles by tapping the syringe and pushing the plunger slightly.

### 5. Administer the Injection

- Pinch a fold of skin at the cleaned injection site.
- Hold the syringe like a pencil or dart at a 45 to 90-degree angle.
- Insert the needle into the pinched skin quickly and smoothly.
- Release the skin and inject the medication slowly and steadily.
- Remove the needle at the same angle it was inserted.

### 6. After the Injection

- Apply a cotton ball or gauze to the injection site.
- Apply a bandage if needed.
- Dispose of the needle and syringe in a sharps container.

### 7. Wash Your Hands Again

- Wash your hands thoroughly after the injection.