

I AM WELLNESS MD

Virtual Weight Loss Care Guide

This care guide is designed to support you throughout your weight loss journey with I AM Wellness MD. Keep this guide handy and refer back to it as you begin treatment and progress through your program.

Support

Our goal is to help you feel confident, informed, and supported at every stage. This guide explains what to expect and how to care for yourself at home.



Care Guide

After Your Injection

As your body adjusts to treatment, mild side effects can occur, especially during the first few weeks or after dose changes. These effects are usually temporary and improve with time.



Hydration

Drink plenty of water throughout the day to support digestion and comfort.



Nutrition

Eat slowly, prioritize protein, and stop eating when you feel full.



Awareness

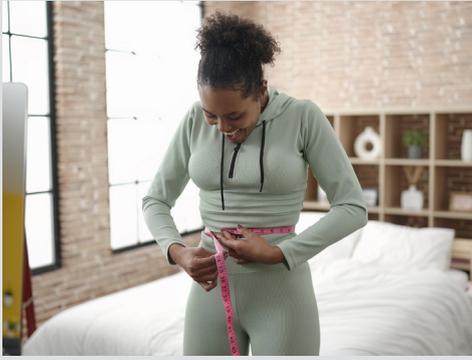
Pay attention to how your body feels and contact us with concerns.

Wellness

- Appetite regulation
- Portion control support
- Metabolic balance
- Sustainable progress

Need assistance?

- A** Virtual
- P** (947) 600-7727
- W** www.iamwellnessmd.com



Weekly Dosing

Your medication is taken once weekly, exactly as prescribed by your provider. Taking it on the same day each week helps maintain consistent medication levels and supports steady results. If you ever miss a dose or are unsure how to proceed, contact our team for guidance before injecting.



Injection Sites

Rotating injection sites helps reduce skin irritation and improves overall comfort. Common areas include the abdomen, thigh, or upper arm, avoiding the same spot each week. Using proper technique and site rotation can make injections easier over time.

Additional Wellness Support

Some patients choose to enhance their program with additional wellness injections. These options are designed to support energy, nutrient balance, and overall well-being during weight loss. Your provider can help determine what is appropriate for you.



- 01** **Follow the Vial Label**
Always follow the dosing instructions printed on your medication vial.
- 02** **Inject Weekly**
Administer your injection once per week as prescribed.
- 03** **Monitor Symptoms**
Mild side effects are common early on and often improve.
- 04** **Stay Connected**
Contact our team if symptoms feel severe or concerning.



Skinny Shots

Lipotropic and B12 injections may support energy levels and metabolism while reducing calories.



Vitamin D

Vitamin D supports immune health, mood, and muscle function, especially in those with deficiency.

Key Reminders

- Follow vial instructions over any other source
- Do not rush dose increases
- Stay hydrated and prioritize protein
- Contact us with questions before injecting