

Your Quarterly Consults (QCs)

Use your QCs to adjust your Membership, QKs, & Dosing

- ❑ At least 1-week before the end of each 3-Month Quarter (12-weeks), we will email & call you for your **QC**.
- ❑ At your **QC**, you can stay at your current Membership (and **QKs**) or change it to go higher-dose or lower-dose.
- ❑ You can see your optional Memberships and their **QKs** on [QK Dosing Instructions](#).
- ❑ If we do not hear from you, we will continue to auto-ship **QKs** and auto-charge you Monthly based on your current Membership.
- ❑ In the long-run, you save time & money going to the highest-dose of 2.4mg as fast as you can to achieve your goal weight.
- ❑ We recommend you continue your Membership or increase it until you reach your goal-weight, then go on Maintenance **QK** to keep your weight-off and the many medical benefits.
- ❑ You may cancel your next **QK** shipment and its 3 monthly-payments by emailing us at least 2-weeks before the end of any 3-Month period.