



COLLECTIVE
WELLNESS & AESTHETICS

Frequently Asked Questions Weight Loss Edition



FAQ

What Medications Do You Offer?

1. Semaglutide
2. Tirzepatide
3. Phentermine
4. Bella Capsules (Combination of Phentermine, Topiramate, Bupropion, & Naltrexone)
5. More oral combinations available per individual needs

How Do I Take These Medications?

Semaglutide and Tirzepatide are once weekly injections that you will give to yourself. You will be provided with pre-filled syringes that you inject into your abdomen, back of arm, or thigh once weekly.

Phentermine and Bella Capsules are pills that taken once daily by mouth every morning.

What Medication Is Most Effective?

Semaglutide and Tirzepatide will yield the fastest and largest amounts of weight loss. Tirzepatide has proven to be most effective between the two GLP1's we offer in studies.

How Much Do These Medications Cost?

Semaglutide: Priced between \$300-400 based on dose

Price varies by dose: 0.25mg-1mg = \$300.00. 1.5mg-2.5mg = \$400/month

Tirzepatide: Priced between \$425-\$650 based on dose.

Price varies by Dose: 2.5mg-5mg = \$375/month. 7.5mg -10mg = \$475/month. 12.5mg-15mg = \$575/month

Phentermine: \$100/Month

Bella Capsules: \$125/month

Will You Teach Me How To Self Inject ?

YES! At your first appointment, I will teach you how to safely administer yourself your medicine.

How Do I Get My Medicine ?

If you are taking an oral pill, your medicine will be shipped directly to your house monthly.

If you are taking an injectable, your medicine will be available at our office in Princeton or can be arranged to be shipped to your home if needed for an additional cost.

How Do I Pay For My Medicine ?

You can pay via cash, check, card each month or you can pay in advance and receive 3 months at a time of medication and receive a 10% discount.

Do I have to tell anyone I am taking medication for weight loss?

Absolutely Not! This is your choice and your secret is safe with us! **HOWEVER**, you should tell your primary care doctor and any medical providers you have. But your friends and family can just look at you in awe and amazement of your rocking new body!



FAQ

What Happens At My First Appointment?

- Measurements
- Body composition scale
- Draw baseline labs (you may bring your most recent labs with you to your appt if done in late 3-6 months)
- Education
- Receive first month of medication

How Do I Contact the Provider?

- 815.450.4508 **DIRECT TEXT LINE**

How Often Do I Have To See A Provider?

We recommend your initial appt is in person at our office where we will gather your measurements, do a body composition, take before photos and provide you valuable education to help you succeed in your weight loss journey. After that, we do recommend an every 3 month in person appt to repeat the measurements and photos but that's up to you. Our provider is available for monthly appts or you can just message on the patient portal if you have a question and we can answer for you. This program can be as hands on or hands off as you desire.

How Long Do I Take The Medicine?

Ideally, you would take the medication until you reach your weight loss goal; however for injectables, you can stay on them for maintenance if desired. My hope for you is that you will be able to use these medications as a tool in your weight loss journey while you also make lifestyle changes that are sustainable. For injectables, you can stop abruptly when you reach your goal or we can work on titrating your dose back down to a maintenance dose or spacing doses out every other week or more.

FOR TELEHEALTH PATIENTS ONLY

Once your appt is scheduled, you will receive paperwork that must be completed 24 hours PRIOR to your appt. On the day of your appt, you will receive a text or email link to join the virtual meeting room. The nurse will start your appt and provide you with majority of education and then the provider will enter the room for the remainder of the appt. Following your appt, your medications will be shipped to your door via UPS. There is a \$20 shipping fee. You may also pick up your medications at our office to avoid the shipping fee.

PLEASE HAVE YOUR CURRENT WEIGHT READY BEFORE YOUR APPT.



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FAQ

What is Semaglutide?

Semaglutide is a once weekly injectable medication that works by stimulating the pancreas to produce additional insulin, increasing the stomachs emptying time and signaling the brain to have a feeling a fullness. This results in a very powerful and lasting appetite suppression for most patients in addition to improving blood sugar levels.

What Does Semaglutide Cost?

Semaglutide Doses .25mg -1mg : \$300/month

Semaglutide Doses 1.5mg -2.5mg : \$400/month

What is the typical dosing schedule for Semaglutide ?

Weeks	Dose
Weeks 1-4	0.25MG
Weeks 5-8	0.5MG
Weeks 9-12	1MG
Weeks 13-16	1.5MG
Weeks 17 +.	2.0-2.5MG

What are Possible Side Effects of Semaglutide?

Common side effects include nausea, vomiting, diarrhea, abdominal pain, constipation, heartburn, burping. Not all patients experience side effects and these often can be managed with over the counter remedies.



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FAQ

What is Tirzepatide?

Tirzepatide is a once weekly injectable medication that works by stimulating the pancreas to produce additional insulin, increasing the stomachs emptying time and signaling the brain to have a feeling a fullness. This results in a very powerful and lasting appetite suppression for most patients in addition to improving blood sugar levels.

What Does Tirzepatide Cost?

Tirzepatide Doses 2.5mg -5mg : \$375/month

Tirzepatide Doses 7.5mg -10mg : \$475/month

Tirzepatide Doses 12.5mg -15mg : \$575/month

What is the typical dosing schedule for Tirzepatide ?

Weeks	Dose
Weeks 1-4	2.5 MG
Weeks 5-8	5.0 MG
Weeks 9-12	7.5 MG
Weeks 13-16	10 MG
Weeks 17-20	12.5 MG
Weeks 21+	15 MG

What are Possible Side Effects of Tirzepatide?

Common side effects include nausea, vomiting, diarrhea, abdominal pain, constipation, heartburn, burping. Not all patients experience side effects and these often can be managed with over the counter remedies.



FAQ

What is Phentermine?

Phentermine is a prescription medicine used to lessen appetite. It can help weight loss by making you less hungry (suppressing appetite). It is a stimulant medication so it also increases heart rate thus increases basal metabolic rate .

What Does Phentermine Cost?

Phentermine (30 day supply) : \$100/mo

Who Should Not Take Phentermine?

Phentermine may not be a good choice for people with heart disease, high blood pressure, history of migraines or seizures, an overactive thyroid gland or glaucoma. It also isn't for people who are pregnant, may become pregnant or are breastfeeding. Please talk with the provider about these things.

What are Possible Side Effects of Phentermine?

Common side effects include racing heart, jitteriness, dry mouth, headache, insomnia.

What is Bella?

Bella is a prescription medicine containing multiple ingredients: Phentermine, Naltrexone, Topamax, Bupropion, and Vitamin B12. It is used to lessen appetite, decrease cravings and minimize the reward effects of poor habits. It may also increase energy. It can help weight loss by making you less hungry (suppressing appetite). It is a stimulant medication so it also increases heart rate thus increases basal metabolic rate

Bella 2 capsule (30 day supply) : \$125/mo

Bella may not be a good choice for people with heart disease, high blood pressure, personal history of migraines or seizures, an overactive thyroid gland or glaucoma. It also isn't for people who are pregnant, may become pregnant or are breastfeeding. Please talk with the provider about these things.

Common side effects include racing heart, jitteriness, dry mouth, headache, insomnia.



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