



1. Before Your Appointment

What are they?

Semaglutide and Tirzepatide are prescription-only injectable medications used for weight management and metabolic support under medical supervision.

Medical purpose:

- ✔ Appetite regulation and satiety control
- ✔ Support of weight loss as part of a comprehensive medical plan
- ✔ Improvement of metabolic parameters when clinically indicated

Medical requirements (MBC-aligned):

- ✔ Comprehensive medical evaluation by a licensed provider

- ✔ Review of medical, surgical, and family history

- ✔ Assessment of contraindications and risk factors

- ✔ Prescription issued only by a provider with legal prescriptive authority in California

- ✔ Medication-specific informed consent required

What not to do:

- ✗ Do not self-medicate or obtain medication without a prescription
- ✗ Do not omit relevant medical conditions (e.g., thyroid disease, pancreatitis, diabetes)
- ✗ Do not view treatment as a replacement for lifestyle modification

2. During Your Appointment

How is it administered?

- ✔ Administered via subcutaneous injection in approved anatomical sites
- ✔ Initiated at a low dose and titrated gradually based on tolerance
- ✔ Patient education is provided regarding administration, schedule, and follow-up

Provider oversight (MBC compliance):

- ✔ Prescribed and monitored by a California-licensed physician, NP, or PA
- ✔ Injections may be administered by licensed personnel acting within scope and delegation
- ✔ Ongoing monitoring and follow-up are required to assess safety and effectiveness



3. After Your Appointment

Post-treatment care:

- ✔ Follow dietary and behavioral recommendations
- ✔ Maintain hydration
- ✔ Attend scheduled follow-up appointments

Possible side effects:

- Nausea, decreased appetite, early satiety, gastrointestinal discomfort, headache
- Side effects are typically mild to moderate and transient

Warnings:

- ✗ Do not alter dosage without provider authorization
- ✗ Do not discontinue medication abruptly without medical guidance
- ✗ Report severe or unusual symptoms immediately

Resultados esperados:

- ✔ Gradual, individualized weight loss
- ✔ Results vary and are not guaranteed
- ✔ Best outcomes require adherence to medical and lifestyle recommendations

MEDICAL OVERSIGHT & SUPERVISION STATEMENT (MBC)

All medical services are provided by BioHealth Medical PC under the supervision of a licensed physician, in compliance with applicable state and federal regulations. Lotus Esthetic & Skin Care provides management and administrative services for BioHealth Medical PC and does not provide medical services.

PRIVACY & CONFIDENTIALITY (HIPAA)

All patient information constitutes Protected Health Information (PHI) and is maintained in accordance with the Health Insurance Portability and Accountability Act (HIPAA) and applicable California privacy laws. Access to information is limited to authorized personnel for treatment, payment, and healthcare operations.