

VIRTUAL WEIGHT LOSS PROGRAM

GLP-1 Welcome Packet

Bloom Into a New You

NEW PATIENT GUIDE

Here's what you can expect:

- Important Reminders
- Foundations
- Cancellation Policy
- Side Effects
- Dosing Guidelines
- Tips For Success
- FAQ's
- Additional Resources

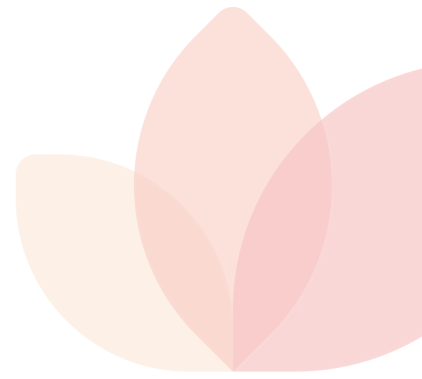
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Empowering healthier lives
through effective weight loss
solutions.

bloomMD 



Welcome to BloomMD!



We are so excited that you have taken a big step towards becoming your best self. We are excited to help you look and feel your best through our medical-assisted weight loss program. Throughout my experience helping patients lose weight, I have seen amazing transformations physically and mentally as patients reverse weight-associated comorbidities, enjoy increased energy, feel younger, and boost their confidence. This Welcome Packet will give you important tips for success. Please read all of the information before beginning your treatment, paying special attention to the dosing schedule.

Thank you for choosing BloomMD!

Sincerely,

Madeline Haws

Madeline Haws, FNP-C
Founder, BloomMD

CONTACT INFORMATION

Phone/Text: 801-436-7272 (General Questions)

Medical Questions: Please visit the doctor portal:
<https://patient.mdintegrations.com/login>

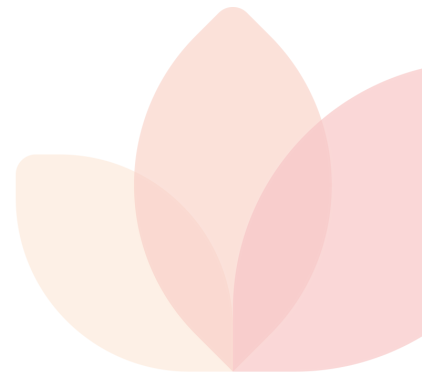
Non-Medical Questions: Text us at **801-436-7272**,
and we'll assist you.

Email: support@bloomMD.com

Hours of Operation: Mon-Fri: 9:00 AM - 5:00 PM MDT



Important Reminders



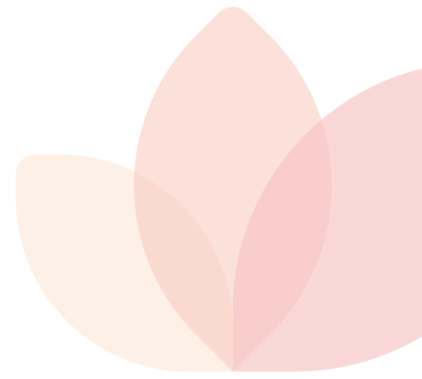
Getting Started: Staying on prescribed medications for at least **six months** is crucial for lasting weight loss results (unless otherwise directed). During the first month or so, gradual titration is necessary to minimize side effects. Noticeable weight loss typically begins around the six-week mark.

When to request prescription refills: As you're nearing the end of your current medication supply, please text our team when you have one dose left in your vial to ensure you get your next vial on time. We cannot order medication more than once/month, so please follow the dosing schedule and work with your provider before implementing any changes. **We will remind you when it's time to order a refill, but we will not send any refills without your permission.**

***IMPORTANT:** IF YOU REQUEST A REFILL FOR THE MONTH, YOU ARE REQUIRED TO PAY THAT MONTH'S MEMBERSHIP FEE AND ANY CANCELLATION REQUESTS WILL BE DENIED

Dosing Schedule: Your dosing chart is sent separately, and dosing will always be included with your actual prescription. Refer to the dosing instructions on your medication. **Do not inject before you are 100% sure of the amount you are supposed to take.**

What is Semaglutide?



Semaglutide belongs to a class of medications called Glucagon-like Peptide Receptor Agonists (GLP1-RA for short). These medications mimic a naturally-occurring hormone found in the gut called Glucagon Like Peptide. This hormone is important because it is responsible for 4 main functions in the body:

1. **Stimulates insulin production:** GLP-1 signals our pancreas to produce and release insulin in response to carbohydrate consumption. The result is improved blood sugar levels which can prevent or reverse insulin resistance.
2. **Slows Down Digestion:** GLP-1 helps slow down the rate at which our stomach empties our contents into the intestines. This slowing effect helps control the rapid increase in blood sugar levels after eating, but it also helps you make better diet choices by curbing your appetite and cravings.
3. **Reduces Appetite:** GLP-1 Also acts on our brain to make us feel less hungry, which can help combat emotional eating, making it easier to make better diet choices and maintain a healthy weight.
4. **Promotes health of pancreatic cells:** GLP-1 has protective effects on the cells in the pancreas, where insulin is produced, helping to maintain their function and health.

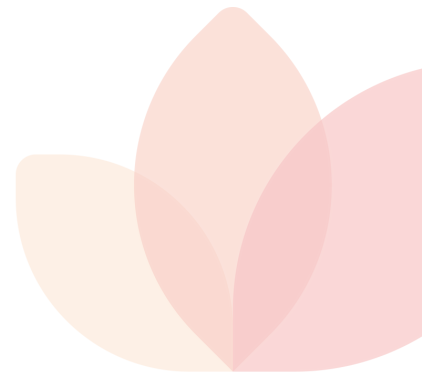
*Special Note: Semaglutide has recently been approved by the FDA to reduce the risk of cardiovascular disease, and emerging evidence shows that it also has protective respiratory benefits, reverses fatty liver disease, lowers cholesterol, and also lowers blood pressure.

Read Important Safety Information

[CLICK HERE](#)



Foundations



Does Semaglutide & Tirzepatide treat the root cause of obesity?

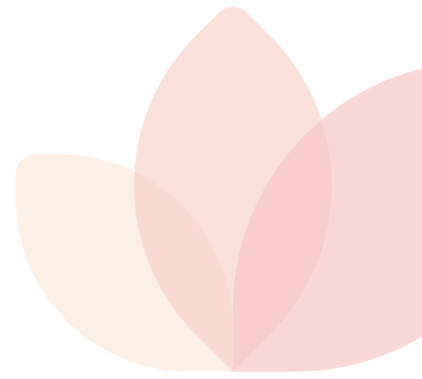
Short answer, yes. A common root cause of obesity is insulin resistance. Insulin resistance occurs when body's cells don't respond as effectively to insulin's signals, so the pancreas compensates by producing more insulin to lower blood sugar. However, over time, this can lead to higher-than-normal insulin levels in the blood. Insulin resistance is a crucial health concern because of its role in promoting obesity, diabetes, heart disease, liver issues, inflammation, and other metabolic disorders. Unfortunately, many doctors do not test for or treat insulin resistance until other chronic diseases are present. Semaglutide & Tirzepatide are groundbreaking drugs that help improve insulin sensitivity as an adjunct to diet and exercise, and prevent the progression to chronic diseases including Type 2 Diabetes Mellitus. Because of their effects on hunger, our patients are able to make more conscious dietary choices and form new habits which continue even after the drug is discontinued.

Who should not take semaglutide and/or tirzepatide?

In clinical studies performed on rodents, GLP1-RA medications have been shown to increase the risk for C-cell thyroid tumors, therefore the medication should not be taken if you or a family member has a history of Medullary Thyroid Cancer or Multiple Endocrine Neoplasia Type 2A. The medication should also be avoided if you have Type 1 Diabetes, are pregnant, nursing, have a history of pancreatitis, gastroparesis, small bowel obstruction, or any allergy to the ingredients in the medication. If you have a history of suicidal tendencies, your primary care provider must be notified that you are starting this treatment and you must discontinue treatment if you experience worsening depression.



Compliance Policy

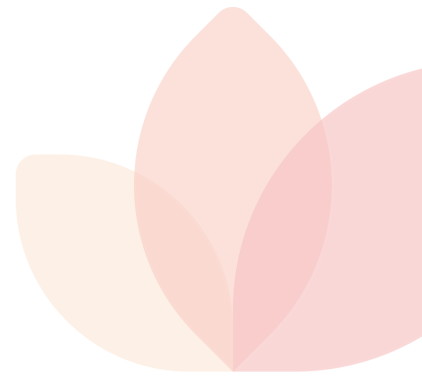


Compliance Policy:

To minimize the risk of adverse events, the medication dosing schedule must be adhered to unless under specific guidance by your healthcare provider. Titrating the medication slowly is necessary to avoid severe side effects. **Do not attempt to increase your dose ahead of the outlined schedule.** Doing so may result in the termination of your membership with BloomMD, as we take medication compliance very seriously.



Side Effects



The most commonly reported side effects are nausea & constipation. Other side effects may include diarrhea, stomach pain, acid reflux, belching, headaches & fatigue. Side effects usually subside after a few weeks of taking the medication, and can be mitigated by following the correct dosing schedule. Side effects are more pronounced within the first 24 hours after injecting the medication, so taking the medication at night might help you sleep off some of the early nausea. Side effects are also more pronounced after eating too large of a meal, eating high-carb meals or drinks, after alcohol consumption, and when increasing the medication dose. In this packet we have included diet and lifestyle tips found to greatly reduce the risk of side effects. Please Note: **Stop taking the medication for 1 week before any elective surgery.** You can resume medication once cleared by your surgeon.

Rare But Serious Side Effects Include:

- **Pancreatitis:** This is very rare, but the risk is increased with a prior history of pancreatitis or current binge-eating disorder. Symptoms include severe abdominal pain that may spread to the back accompanied by nausea, vomiting, fever, and rapid heart rate. If these symptoms occur, seek emergency medical attention.
- **Small Bowel Obstruction:** This is very rare but is more likely in severe cases of constipation or a prior history of a bowel obstruction. Symptoms may include severe abdominal pain, cramping, nausea, vomiting, constipation with possible watery stool. If these symptoms occur, seek emergency medical attention.













Read Important Safety Information

[CLICK HERE](#)

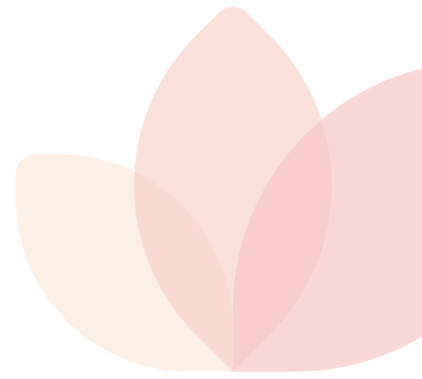


How to Perform Injection



1	Wash hands thoroughly to prevent bacterial infection.	
2	Wipe the top of the vial with an alcohol wipe.	
3	Hold the vial upside down with one hand and insert the needle into the vial, ensuring it's all the way in and free of air bubbles.	
4	Slowly pull back the syringe to draw the correct dose in units. What is a unit? It is one, small tick mark on an insulin syringe. One syringe typically holds 100 units. 100 units = 1mL, so 25 units is only 0.25mL.	
5	Avoid touching the needle tip or letting it touch anything.	
6	Once you have the correct amount, remove the needle from the vial.	
7	Use an alcohol swab to clean the injection area on the skin. Let it air dry for about 60 seconds without touching the cleaned area.	
8	Gently tap the syringe to remove air bubbles.	
9	Pinch a fold of skin between your thumb and forefinger.	
10	Hold the syringe at a 45-degree angle and carefully insert the needle into the skin. Push the plunger slowly to inject the medication.	
11	After administering the medication, carefully remove the needle from the skin.	
12	Properly dispose of the needle and syringe following appropriate guidelines.	

How to Perform Injection Video



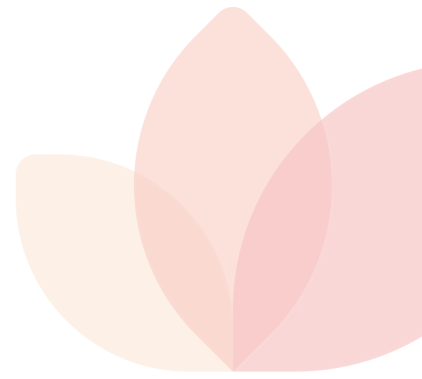
[Watch Video](#)

IMPORTANT NOTE:

Keep medication refrigerated. Wipe top with alcohol swab before each use



5 Tips for Success:



1. Eat Small & Slow

This medication slows digestion, so eat slowly to avoid nausea, stop when full, and consume smaller portions. Overeating is one of the main triggers for nausea. Over time, your appetite will decrease with each injection.

2. Don't forget to eat!

Even as your appetite decreases, it's crucial to nourish your body with healthy food to maintain overall health. Ensure you get enough nutrients to prevent fatigue and muscle loss due to reduced calorie intake. Enhance your weight loss journey and boost your health by incorporating the Bloom Supplement Bundle (see Supplement Page below).

3. Choose protein over simple carbs

Opt for protein-rich foods instead of simple carbs to reduce side effects and improve your diet. Aim for at least 1 gram of protein per kilogram of body weight daily. Use apps like My Fitness Pal or Lose It! to track your intake and consider supplementing with high-quality protein shakes or bars if needed. Foods that aggravate nausea include alcohol, sugar, fried/ greasy foods.

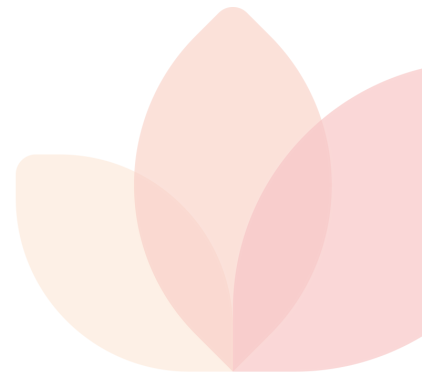
4. Hydrate!

A simple rule of thumb for water intake is to drink half your body weight in pounds as the number of ounces you should consume daily. For instance, if you weigh 200 pounds, aim for approximately 100 ounces of water each day. Staying well-hydrated is important when on this medication to avoid constipation, headaches, and enhance overall well-being.

5. Get Moving

Regardless of your fitness level, aim for 30 minutes of exercise at least four times per week. Exercise immediately improves insulin sensitivity, and it's important to establish a regular exercise routine for lasting benefits during your weight loss therapy.

Frequently Asked Questions:



QUESTION: Can I stay on a lower dose if I am experiencing side effects?

ANSWER: Absolutely! The dose should only be increased as tolerated. You can stay on the lowest effective dose to achieve your desired results.

QUESTION: How much weight can I expect to lose?

ANSWER:

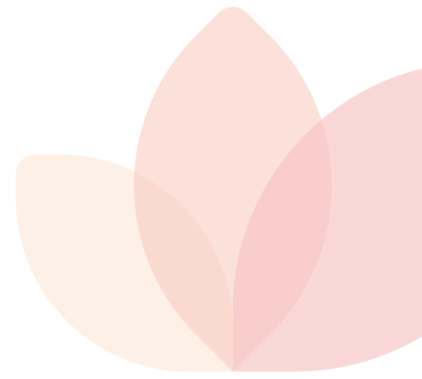
- *Tirzepatide shows average weight reductions of 20% over 1 year with many people reporting over 25% body weight reductions.*
- *Semaglutide shows average weight loss of 15-20% over 1 year.*
- *You can expect to lose around 2 pounds per week.*

QUESTION: What should I do if I develop severe side effects?

ANSWER: If you develop severe side effects, decrease back to the previous dose and remain on that dose for 2-3 weeks before attempting another dosage increase. If you develop sudden, severe, abdominal pain that spreads to your back or chest accompanied by fever, vomiting, or a fast heart rate, discontinue the medication and seek emergency medical attention.



Frequently Asked Questions:



QUESTION: How long should I stay on the medication?

ANSWER: This medication should be taken for a minimum of 6-12 months for lasting results.

QUESTION: Do I stop the medication once I reach my goal weight?

ANSWER: Once you reach your goal weight, it is important to taper off the medication slowly to fully reverse insulin resistance and to avoid sudden hunger increases. Once you reach this point, we offer coaching to help you. In general, you will decrease your dose one month at a time and if weight remains stable, continue to decrease until discontinuing the medication. Some patients choose to stay on a low, maintenance dose for longer periods of time as directed by our practitioner.

QUESTION: How do I reach out with additional questions?

ANSWER:

Call/Text: (801) 436-7272 (for general questions)

Medical Questions: Reach out via our Doctor Portal:

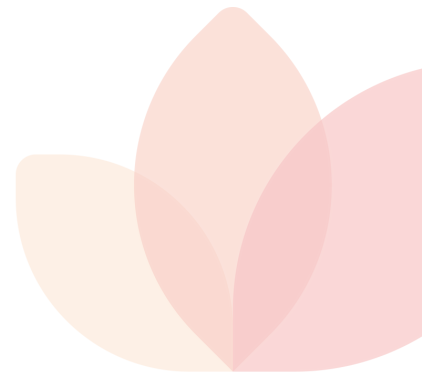
<https://patient.mdintegrations.com/login>

Email: support@bloomMD.com

Note: Please allow up to 2 business days for a response. We are not an emergency medical service or a replacement for general healthcare.



Frequently Asked Questions:



QUESTION: How do I get my refill?

ANSWER: *It's simple! Text us at 801-436-7272, and we'll send you an invoice. Alternatively, you can email us at support@bloommd.com to get started.*

QUESTION: How can I receive discounts on my medication?

ANSWER:

*You can receive **\$25** off your next order by referring a friend (only one discount per order)*

*You can receive **\$25** off your next order by submitting a **Review***

*You can also receive **\$50** off one order by submitting a before an after photo or 15-30 second video recommend to be published on our website.*

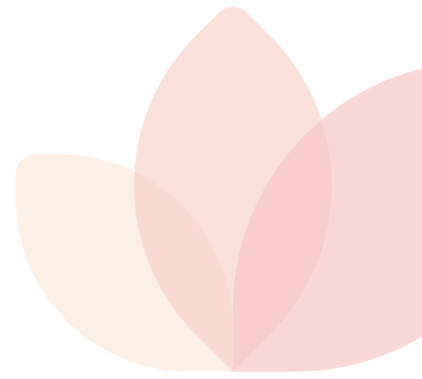
Join our email list to receive seasonal promotional discounts.

QUESTION: What to do if I am experiencing Nausea?

ANSWER:

To help alleviate nausea try eating smaller, more frequent meals to prevent the stomach from becoming too full. Stay hydrated by sipping water or electrolytes throughout the day, and take a daily Vitamin B6 supplement. Ginger tea or ginger supplements can be helpful for some people. Avoid rich, fatty, sugary, or spicy foods. If the nausea persists or becomes severe, you will need to temporarily decrease your dose until you build up a tolerance. We do not prescribe Nausea medication as a first line treatment, as this can worsen constipation and ultimately worsen the cycle of nausea.

Frequently Asked Questions:



QUESTION: What should I do if I am experiencing diarrhea?

ANSWER: First take a look at the foods you are eating. Foods that trigger or aggravate diarrhea on this medication include:

- high fat & greasy foods
- high sugar foods especially fructose or artificial sweeteners
- dairy products
- spicy foods
- caffeine
- alcohol

After adjusting your diet if the diarrhea still persists, you may need to lower your dose temporarily. It is important to hydrate with plenty of electrolytes and eat small, more frequent meals. You can temporarily take an OTC anti-diarrheal like Loperamide, but this should not be used as a long-term solution. .

QUESTION: What if I am experiencing constipation?

ANSWER:

Constipation needs to be addressed promptly to lessen the risk of a small bowel obstruction, which is a medical emergency.

Lifestyle Changes: increase fibrous foods, fluid intake, and physical activity

Natural Remedy: Take "Calm" Powder OR Nature Made Extra Strength Magnesium 400 mg nightly

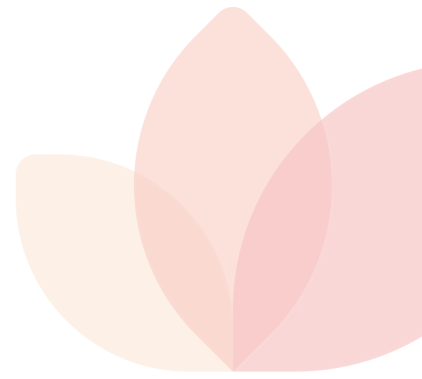
OTC medications: OTC medications: colace, metamucil, miralax, Senokot (to avoid diarrhea, do not stack laxatives)

QUESTION: Should I take the medication if I get sick?

ANSWER:

If you are acutely ill, do not take your dose of medication until you are asymptomatic. For mild illnesses you may be able to continue your treatment under the direction of your medical provider. For surgeries, you will need to stop the medication 2 weeks in advance.

Frequently Asked Questions:

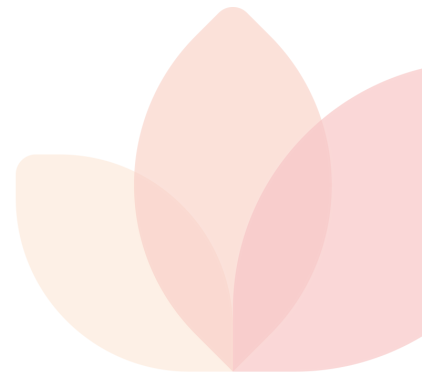


QUESTION: What if I feel like the medication is not working?

ANSWER: Here are some hidden culprits behind the medication being less effective

- *Sleep apnea: Do you snore at night or wake up feeling unrefreshed? It is worth receiving a sleep apnea screening (i.e. a SNAP study) which is covered by insurance and performed at home. Sleep apnea will make it more difficult to lose weight as the body increases stress hormones like cortisol from lack of oxygen at night. Don't wait to request this test from your doctor!*
- *Not eating enough: If you simply cut calories without eating enough nutrients, this will impede your weight loss progress. For more information check out this BLOG.*
- *Not limiting carbs: remember the goal is to reverse insulin resistance. Any foods and drinks which spike blood sugar, will also spike insulin and work in opposition to the medication.*
- *Not exercising: exercise is required to build muscle, boost metabolism, and burn fat.*
- *Not taking the correct dose: if you are following the tips in this packet and are still not seeing results after a few weeks, you may need to adjust your dose or switch medications. Reach out to your BloomMD provider at our main phone number!*

Additional Resources



THORNE® Supplements: Click [HERE](#) to order (Get 20% off ALL Products, applied at checkout)

CellCore® Supplements: Click [HERE](#) to order (Get 10% off ALL Products; Use Code: **Bloom10**)

The Obesity Code (Book): Click [HERE](#) to order on Amazon

Why We Get Sick (Book): Click [HERE](#) to order on Amazon

BloomMD Blog: Click [HERE](#) to read the blog

Semaglutide Clinical Study: Click [HERE](#) to read

Tirzepatide Clinical Study: Click [HERE](#) to read

Semaglutide lowers risk of heart disease: Click [HERE](#) and/or [HERE](#) to read.

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