REMEDY WELLNESS

GLP-1 Partnership Agreement

REMEDY WELLNESS | REMEDYCHARLESTON.COM

A GLP-1 medication is a **tool**, not a cure, and it's one piece of a much bigger plan. On its own it can lower your weight. Used the way we're going to use it, it can change your health for the years ahead.

Here's the part most people aren't told. When you lose weight fast, you don't just lose fat. You can lose muscle and bone too, and that's the exact thing that keeps you strong, steady, and independent as you age. Our whole job here is to make sure the weight you lose is the weight you want gone, while we protect the muscle and bone you'll need for decades. That takes work on your side. This is teamwork.

The Non-Negotiables

Starting a GLP-1 means you're agreeing to these. They aren't optional, and they aren't punishment. They're what makes the tool work and keeps you safe.

1. **Eat your protein. Every day.**
   This is the one that protects your muscle. Hit your protein target at every meal, even on days the medication kills your appetite. When you don't feel like eating, protein still comes first.

2. **Stay hydrated.**
   GLP-1s slow digestion and blunt thirst, so dehydration sneaks up on you and drives most of the nausea, headaches, and fatigue people blame on the drug. Water is not optional here.

3. **Move your body, and lift something heavy.**
   Strength training is how we tell your body to keep the muscle instead of burning it for fuel. Walking counts, but resistance work is what protects you long term. Find something you'll actually stick with, and if you need a trainer or physical therapist, we'll point you to good ones.

4. **Take your supplements and keep your labs current.**
   Eating less means fewer nutrients coming in. We use targeted support to protect your bones, muscle, and energy, and we check labs on schedule so nothing slips.

5. **Show up and tell us the truth.**
   Keep your follow-ups. Tell us what's actually happening, including the hard parts and the days you fell off. We can only adjust what we know about, and none of this works if you disappear.

What You Commit To

- Treat the medication as one part of the plan, not the whole plan
- Hold the five non-negotiables above, especially on the hard days
- Speak up early when something feels off
- Give this real time before you judge whether it's working

What We Commit To

- Build the plan around your body, your labs, and your goals
- Adjust dosing and support based on how you respond, not a script
- Protect your muscle and bone, not just the number on the scale

- Stay in your corner and answer when you reach out

I understand my GLP-1 medication is a tool inside a comprehensive plan built to protect my muscle and bone and improve my health for years to come. I've read the non-negotiables, I know they come with starting treatment, and I'm choosing to do my part. We're in this together.

PATIENT SIGNATURE

DATE

REMEDY WELLNESS PROVIDER

DATE