



The Thin Effect Program Skinny Shot – Semaglutide + B12 Injections.

**This program requires a 3-month minimum commitment*

Cost: \$1200 – includes monthly consultations, 12 skinny shots, and in-body monthly weigh in.

Semaglutide FAQ

Q. What labs are required prior to starting Semaglutide?

A. We can use labs drawn by your primary care provider within the past 6 months. If your labs do not include some of the tests we require, we can order those tests for you. It is important to note these labs may not be covered by your insurance, nor do we provide forms or file insurance for you. These labs are at your own cost. Once we have the results, we can get started!

Required lab tests: CBC- Complete Blood Count, CMP- Complete Metabolic Panel, thyroid panel, Vitamin B12, Vitamin D, lipid panel, A1C, and liver function tests.

These labs are required to ensure your levels are within normal limits and determine eligibility for the program. Please see below for a list of conditions or situations which may prevent eligibility.

Q. How does the Semaglutide program work at Effect Medspa?

A. Our program starts with a full consultation with one of our nurse practitioners, which is a 40 minute appointment. This will include an assessment of your eligibility for the program including medical history, body composition analysis, current nutrition and activity evaluation with counseling, goal setting, and weekly plan. Once eligibility is determined, we can begin your medication injections! We will see you once a week for injections (10 minutes), then monthly for a follow-up appointment (20 minutes) to discuss progress and determine dosage changes. This is a self-pay program.

Q. What side effects are expected?

A. A full list of side effects will be provided before you begin the Semaglutide program, but the main complaint is nausea or fatigue. These can both be managed with small, nutritionally dense snacks throughout the day.

Q. Who is NOT eligible for the Semaglutide program with Effect Medspa?

A. Guests who have had any of the following are **not** eligible for our Semaglutide programs:
Bariatric Surgery
Thyroid cancer



Currently pregnant, nursing, or trying to become pregnant
Diabetes
Multiple Endocrine Neoplasia Syndrome 2 (MEN 2)
Liver disease
Kidney disease
Severe gastrointestinal disorder
Pancreatitis
Taking lithium

Guests **may not** be eligible if the following applies:

Using oral birth control pills (an alternative must be used)
Uncontrolled thyroid issues

Q. When should I expect to see results?

A. Many people start losing weight within the first week! While you can see results this quickly, we use the approach of consistency for more effective and long term weight loss. We require a three-month commitment to ensure your results will be FABULOUS!

Q. How long will I be on Semaglutide, and will I regain the weight back once I stop the medication?

A. The length of time on Semaglutide is different for everyone! Everyone has different amounts of weight to lose and different variables that will affect the rate at which they lose it. Once you reach your goal weight, we recommend staying on Semaglutide for a few additional months to help maintain that weight. Stopping the medication shortly after achieving your goal weight increases the risk of gaining weight back. Continuing the maintenance dose of Semaglutide allows your body to recalibrate your new weight as the “normal” for your body. Additionally, this allows YOU time to ensure your nutrition and activity level are on par with maintaining your new weight!

For example, if you weigh 180lbs. and your goal weight is 135lbs., your body needs to stay at 135 for the next few months to know that this is the new normal. Your body will adjust to the caloric intake necessary to maintain this weight. The recommendation is to stay on Semaglutide to maintain the new weight before incrementally decreasing dosage until you are off the medication. Semaglutide is safe and approved as a long-term medication.

Nutrition tips:

There are so many nutrition plans, so finding out which works for you is essential! Every person is different and so are your nutritional needs. For a plan completely tailored to you, a registered nutritionist or dietician may be helpful. Here are some general guidelines for healthy eating.

Eat nutrient dense food first! Ensure you are eating protein first, then vegetables, then carbs. You will have a decreased appetite, so portion sizes will need to be adjusted. Aim for 4 ounces



protein, 1 cup green vegetables, and $\frac{1}{4}$ cup carbs. If you are still hungry, add 2 ounces protein and $\frac{1}{2}$ cup of veggies, and $\frac{1}{4}$ cup carbs.

Eat real foods. Stay away from processed food (ie, anything that comes from a box, fast foods,

Helpful apps for food tracking:

MacroStax

MyFitnessPal

Yuka

Carb Manager

Exercise apps:

Peloton

Yoga health

Many free videos on YouTube, Instagram, and TikTok!