Welcome to our weight loss program!
Initial all following statements indicating that you have read and understand.
Enjoy your journey!

While we do not guarantee weight loss, once we order labs, Dr Jeneby will review your request.
There is a NONREFUNDABLE $1,500 consultation fee. _____

The program price is $1,500 down and $420 a month _____
Once you receive your first medication the $420 a month is nonrefundable _____

I understand that I may receive a discount if I pay $5,000 all up front _____
Normal price $1,500 down and $420 / month $6,540 _____

We use pharmacies that assist us with preauthorizing you for insurance **BUT WE DO NOT GUARANTEE INSURANCE COVERAGE** _____

With **Insurance,** your medications will have a copay. This is separate from our fee, and you will pay that. (If your insurance pays, you could save $1,200/ month!) _____

If your insurance does not approve Wegovy /Mounjaro in its normal pen injection form (trade name), THEN THESE PHARMACIES WILL SHIP YOU A GENERIC FORM FOR YOU TO MIX AND INJECT YOURSELF along with instructions. If you live in San Antonio, Premier Pharmacy will courier it. _____

Dr. Jeneby will continue you on the program if your payment continues to go through. _____

You pay Dr. Jeneby for the generic form of medication at $420/ Month. _____

I have read the risks on Wegovy/Ozempic/Mounjaro websites and agree with all risks/options/benefits. _____

https://www.wegovy.com
https://www.mounjaro.com/how-to-use-mounjaro#how-to-use

FAQ Wegovy (Ozmepic) Mounjaro Semaglutide Program

What is Wegovy/Ozempic/Mounjaro:

Made for diabetes and prediabetes in its original form, these substances (GLP-1) inhibit glucagon release (which inhibit Insulin) and increase insulin release from the pancreas to decrease Hgb A1c which is a marker for diabetes. These substances also reduce the time it takes for food to get through the stomach.

Mounjaro additional has another hormone that makes you feel full called GIP which directly targeting receptors I the brain to **inhibit caloric intake** as well as increase effectiveness of GLp-1 and is more effective than Ozempic in this case. As of 4-24-23, Mounjaro is not approved for weight loss, but Wegovy is. We expect this to change some time soon.

Do I need to exercise/diet?

Yes, good dieting and exercise is recommended to increase the effect of these medications.

Also increase your water intake due to the anorexic effect of these meds to reduce your intake.

We recommend increasing your protein/B-12/folate for hair and nails as you can have issues with hair/nails as you reduce your intake (we have great vitamins here)

What common side effects/risks will I have when I start (and possibly continue)?

Common side effects Nausea/reflux and other associated Gi complaints. See "side effects "on this web page or in this packet. Risks are pancreatitis and Thyroid tumors in people with a known disease called "multiple Endocrine Neoplasia's" which is rare.

How does this program work financially?

To start the program: ***$1,500*** *down to start*

Does not include labs or medications. This is for Dr Jeneby& his NP or other physicians time to get paperwork submitted, read your labs, send prescriptions, and assist with the pharmacies to get a preauthorization. Normal pricing for these meds can be $1,000-$1,500 a month. With most commercial insurances, we can get this down to a reasonable copay (some as low as $25 a month)

To continue this program: ***$420*** *a month*

A discount if paid all up front (yearly): Cashier's check/cash/credit card only: $4,999 (normal $6,540) - you save $1,541

Processing fees apply if you use a third-party lender.

With Insurance

This is the price you pay us regardless of your copay paying for the medication. This is the monthly fee paid to Dr. Jeneby to maintain your charting, send prescriptions into the pharmacy, and read your labs.

WHEN YOUR INSURANCE PAYS - YOU SAVE OVER $1,000/month.

Without Insurance

The participating pharmacies can compound Wegovy and courier it to you at no cost if you live in San Antonio or ship it to you and **we will pay for the compounding and shipping from the collected $420 a month.**

(ONLY IF YOU ARE CASH PAY- If your insurance covers the medication, you pay copay/delivery charges)

Pharmacies we use

Alamo Specialty Pharmacy -Huebner Road: 210-314-6782

No In-town delivery fee, out of town $40-$50 delivery fee.

Premier/Assure Pharmacy-Babcock: 210-467-5174

No In-town delivery fee, out of town $40 delivery fee.

X_____ X_____

Sign Date: Sign Date:

X_____ Patient X_____ Witness

Print Print

210 270-8595 Fax 210-270-8988 Nurse Email:
nurse@drjenebyplasticsurgery.com

Weight Loss Consent Form

FULL NAME: _____ **DATE OF BIRTH:** _____

I authorize Plastic and Cosmetic Ctr of South Texas/Spa Black and staff to help me in my weight reduction efforts. I understand that my program may consist of a balanced deficit diet, a regular exercise program, instruction in behavioral modification techniques, and may involve the use of appetite suppressant medications or other medications. Other treatment options may include a very low caloric diet, or a protein supplemented diet. I further understand that if appetite suppressants or other medications are prescribed, they may be used for durations exceeding those recommended in the medication package insert. It has been explained to me to my complete satisfaction that these medications have been used safely and successfully in private medical practices as well as in academic centers for periods exceeding those recommended in the medication product literature.

I understand that any medical treatment may involve risks as well as the proposed benefits. I also understand that there are certain health risks associated with remaining overweight or obese. Risks associated with remaining overweight are tendencies to have high and increasing higher blood pressure, diabetes, heart attack and heart disease, arthritis of the joints including hips, knees, feet and back, sleep apnea, and sudden death. I understand that these risks may be modest if I am not significantly overweight but will increase with additional weight gain.

I understand that much of the success of the program will depend on my efforts and that there are no guarantees or assurances made to me that the program will be successful. I also understand that obesity may be a chronic, life-long condition that may require drastic changes in eating habits and permanent changes in behavior to be treated successfully.

MY MOST IMPORTANT REASONS FOR WEIGHT MANAGEMENT ARE:

I BEGAN TO GAIN WEIGHT BECAUSE:

WORST FOOD HABITS:

- ❍ Stress eating
Late night eating.
- ❍ Significant other is overweight.
- ❍ Overeating
Eating when bored

TV OR COMPUTER TIME/HOURS

- ❍ Less than 7hrs.
- ❍ 7 to 15 hrs.
- ❍ Over 15 hrs.

STRESSORS:

- ❍ Work
- ❍ Relationship
- ❍ Health
- ❍ Other: _____

ACTIVITY LEVELS:

- ❍ None
- ❍ 1-2 times a week
- ❍ 3-4 times a week
- ❍ 5+ times a week

HAVE YOU USED WEIGHT LOSS MEDIATIONS BEFORE? No - Yes
If yes, which?

DO YOU CURRENTLY USE WEIGHT LOSS PRODUCTS? No - Yes
If yes, which?

CURRENT WEIGHT: _____ **GOAL WEIGHT:** _____ **TIMEFRAME:** _____

SIGNATURE: _____ **DATE:** _____

About Wegovy®

What is Wegovy®? -**WE now offer Weight loss!** Wegovy® (semaglutide) injection 2.4 mg is an injectable prescription medication that may help adults and children aged ≥12 years with obesity (BMI ≥30 for adults, BMI ≥ 95th percentile for age and sex for children), or some adults with excess weight (BMI ≥27) (overweight) who also have weight-related medical problems to help them lose weight and keep it off. Wegovy® should be used **with a reduced-calorie meal plan and increased physical activity.**

- Wegovy® contains semaglutide and should not be used with other semaglutide-containing products or other GLP-1 receptor agonist medicines
- It is not known if Wegovy® is safe and effective when taken with other prescription, over the counter, or herbal weight-loss products
- It is not known if Wegovy® can be used safely in people with a history of pancreatitis
- It is not known if Wegovy® is safe and effective for use in children under 12 years of age

How does Wegovy® work?

Wegovy® works by mimicking a hormone that targets areas of the brain involved in regulating appetite and food intake. This can help you eat less, which can lead to weight loss.

How much weight have people lost taking Wegovy/Mounjaro ®? In a 68-week medical study of 1,961 adults living with obesity or excess weight with a related medical problem, **adults lost ~35 lbs.** (or ~15% body weight). People taking placebo in the study (not on medicine) lost an average of 6 lb. (or ~2.5% body weight). The average starting weight for both groups was ~232 lbs.*

- **83% of adults** taking Wegovy® **lost 5% or more weight**, compared to 31% taking placebo
- **66% of adults** taking Wegovy® **lost 10% or more weight**, compared to 12% taking placebo
- **48% of adults** taking Wegovy® **lost 15% or more weight**, compared to 5% taking placebo

About 1 in 3 adults lost 46 lb. or more (20% weight loss). This was calculated from ~232 lb. starting weight. *

In addition to a reduced-calorie meal plan and increased physical activity, people in this study taking Wegovy® lost more weight vs placebo.

*In a supportive measure, at week 68, at least 20% weight loss was seen in 30% of people taking Wegovy® versus 2% of people taking placebo.

How soon can I expect to lose weight with Wegovy®?

People respond to medicines differently, so there is no set time for when you can expect to see results with Wegovy®. Ask your health care provider about what a realistic expectation for you might be.

Pricing:

To have us try with insurance:

$1,499 down to start the program and $149/month --you receive the medication from your standard pharmacy in prefilled pens with the trade name **(Does not includes medications)**

No insurance/cash pay.
$1,499 down to start and $420 / month: e send your prescription to a compounding pharmacy and they send you monthly your prescription as a generic vials that you prepare. **(Does include medication)**
(Save over $600 off retail which can be $1,000-$1,400)

*All down payments are **nonrefundable**
*We do not guarantee insurance coverage -we recommend you go their websites and follow directions to see if you are covered.

Pay here: _____

Ask about our one-time discount if paid upfront from Monthly subscriptions.
Insurance or cash pay.

https://www.buildmybod.com/pw/subscription_new.php?sub_id=142&md_uniqid=tqpafcpb

https://www.buildmybod.com/pw/subscription_new.php?sub_id=144&md_uniqid=tqpafcpb

Dr. Jeneby works with our Pharmacies to try and preauthorize you for these drugs using your own insurance.
We send your prescription to one of two pharmacies who assist you with preauthorization.
Pharmacies we use to assist with Preauthorize.
Alamo Specialty Pharmacy -Huebner Road: 210-314-6782
Premier/Assure Pharmacy-Babcock: 210-467-5174

WEGOVY /Semiglutide questionnaire

When you begin or think about starting a medicine, you are bound to have questions. While your health care provider is always the best source for answers, you may also find some below.

About Wegovy®

What is Wegovy®?

Wegovy® (semaglutide) injection 2.4 mg is an injectable prescription medication that may help adults and children aged ≥12 years with obesity (BMI ≥30 for adults, BMI ≥ 95th percentile for age and sex for children), or some adults with excess weight (BMI ≥27) (overweight) who also have weight-related medical problems to help them lose weight and keep it off. Wegovy® should be used with a reduced-calorie meal plan and increased physical activity.

• Wegovy® contains semaglutide and should not be used with other semaglutide-containing products or other GLP-1 receptor agonist medicines

• It is not known if Wegovy® is safe and effective when taken with other prescription, over-the-counter, or herbal weight-loss products

• It is not known if Wegovy® can be used safely in people with a history of pancreatitis

• It is not known if Wegovy® is safe and effective for use in children under 12 years of age

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How much weight have people lost taking Wegovy®?

In a 68-week medical study of 1,961 adults living with obesity or excess weight with a related medical problem, **adults lost ~35 lbs.** (or ~15% body weight). People taking placebo in the study (not on medicine) lost an average of 6 lb. (or ~2.5% body weight). The average starting weight for both groups was ~232 lbs.*

*Results are from a 68-week medical study of adults with obesity (BMI ≥30) and adults with excess weight (BMI ≥27) who also had weight-related medical problems including high blood pressure or high cholesterol. People with type 2 diabetes were excluded. Both groups received instruction for a reduced-calorie meal plan and increased physical activity. 7% of people taking Wegovy® (92 people) left the medical study due to side effects, compared to 3.1% of people taking placebo (20 people).

• **83% of adults** taking Wegovy® **lost 5% or more weight**, compared to 31% taking placebo

• **66% of adults** taking Wegovy® **lost 10% or more weight**, compared to 12% taking placebo

• **48% of adults** taking Wegovy® **lost 15% or more weight**, compared to 5% taking placebo

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*In a supportive measure, at week 68, at least 20% weight loss was seen in 30% of people taking Wegovy® versus 2% of people taking placebo.

How soon can I expect to lose weight with Wegovy®?

People respond to medicines differently, so there is no set time for when you can expect to see results with Wegovy®. Ask your health care provider about what might be a realistic expectation for you.

What are the most common side effects of Wegovy®?

The most common side effects of Wegovy® may include nausea, diarrhea, vomiting, constipation, stomach (abdomen) pain, headache, tiredness (fatigue), upset stomach, dizziness, feeling bloated, belching, gas, stomach flu, heartburn, and runny nose or sore throat.

Tell your health care provider if you have any side effects that bother you.

Can I travel with Wegovy®?

It is possible to travel with your Wegovy® pen:

• When traveling by air, keep your Wegovy® pen with you or in your carry-on, as it may freeze in the baggage compartment. Be sure to check with the airline to see if they have any specific baggage rules.

• If needed, Wegovy® may be stored between 46°F and 86°F in the original carton for up to 28 days.

How often is Wegovy® taken?

Wegovy® is taken once a week, any time of day, with or without food.

Why are there different color pens?

Wegovy® comes in 5 different doses: 0.25 mg, 1 mg, 1.7 mg, and 2.4 mg. Each dose comes in its own color pen.

Do I have to take Wegovy® on the same day every week?
Yes, it is recommended that you take Wegovy® on the same day every week at a time that is most convenient for you.
Can I change the day or time when I take Wegovy®?
Take Wegovy® 1 time each week, on the same day each week, at any time of the day. You may change the day of the week you take Wegovy® as long as your last dose was given **2** or more days before.

Should I take Wegovy® with a meal?
You can take Wegovy® with or without food.

What should I do if I have missed a dose of Wegovy®?
If you miss a dose of Wegovy® and the next scheduled dose is more than 2 days away (48 hours), take the missed dose as soon as possible.
If you miss a dose of Wegovy® and the next scheduled dose is less than 2 days away (48 hours), do not administer the dose. Take your next dose on the regularly scheduled day.
If you miss doses of Wegovy® for more than 2 weeks, take your next dose on the regularly scheduled day or call your health care provider to talk about how to restart your treatment.
What do I do if the liquid in my Wegovy® pen is cloudy?
Wegovy® should be clear and colorless. If it is not clear and colorless, DO NOT USE IT. Safely dispose of the Wegovy® pen and contact our Patient Customer Care Center at 833-934-6891 for a replacement.
What if I'm nervous at the thought of injecting myself?
If you sign up for **WeGo*Together*®**, one of our coaches can walk you through the injection process. You may also refer to the Wegovy® Instructions for Use for full instructions.
How can I dispose of my used Wegovy® pens?
It's important to properly dispose of your used Wegovy® pens. Do not throw the pen away in your household trash. Instead, use an FDA-cleared sharps disposal container or a sturdy household container with a tight-fitting lid, like a heavy-duty plastic container. Other requirements include puncture resistant, upright and stable during use, leak resistant, and properly labeled.

Wegovy® Cost, Savings, & Support
How much does Wegovy® cost?
Your out-of-pocket cost for Wegovy® will depend on several factors. For example, your insurance coverage. You can see if you have coverage for Wegovy® and your estimated cost right now. It only takes a few minutes. Check your cost and coverage.

Learn more about savings
Yes, there is a Savings Offer for Wegovy® that may allow you to save money on your Wegovy® prescriptions. Visit our Savings & Support page to learn more about the savings offer.

Is there a Wegovy® support program?
Yes. The free **WeGo*Together*®** personalized support program features:
• **A dedicated Health Coach** to partner with you and provide flexible, one-on-one coaching via phone, email, or text
• Your **personal web experience** to help you set tiny steps and track your progress, including weekly lessons and resources
• **Ongoing support** to help keep you motivated
Join now

I understand the above and have received a copy of these instructions.

X_____ X _____
Sign Date Witness Date

X_____ X_____
Print Name. Date Print Name Date

What is Mounjaro?
Mounjaro is an injectable prescription medicine that is used along with diet and exercise to improve blood sugar (glucose) in adults with type 2 diabetes mellitus. It is used off label for Weight Loss. It is presumed to be on label within the year for weight loss.
It is not known if Mounjaro can be used in people who have pancreatitis. Mounjaro is not for use in people with type 1 diabetes. It is not known if Mounjaro is safe and effective for use in children under 18 years of age.
Mounjaro has been shown to be effective in reducing weight in those who take it. People have seen up to 25lb weight loss. Reduces Blood Sugar. Slows Gastric Emptying. Has satiety or fullness ingredient to reduce your hunger.
Similar profile to Wegovy but adds GIP (incretin) to reduce appetite. **More robust weight loss seen.**

Take Mounjaro once a week.
Pick your day.
Use Mounjaro 1 time each week, at any time of the day.
But we know schedules can change. If you want to change the day of the week you take your dose, make sure there are at least 3 days (72 hours) between doses.
If you miss a dose of Mounjaro, take the missed dose as soon as possible within 4 days (96 hours) after the missed dose. If more than 4 days have passed, skip the missed dose, and take your next dose on the regularly scheduled day. Do not take 2 doses of Mounjaro within 3 days of each other.
It may be helpful to set a reminder in your phone, so you don't forget which day is your Mounjaro day. If you set a reminder and decide to change your day, then don't forget to update your reminder to your new day.

Mounjaro comes in a single-dose pen that requires no mixing.
There is no need to see or handle the needle. †
†Read the Instructions for Use included with your pen.
Side Effects: see Side effects of Wegovy.
See Risks like Wegovy

Storage
Keep Mounjaro in the refrigerator.

- Make sure the temperature is between 36°F to 46°F (2°C to 8°C)
- Store the pens in the original packaging to protect your pen from light.
- **Do not** freeze the Mounjaro pens.
- The pen has glass parts. Handle it carefully. If you drop the pen on a hard surface, **do not** use it. Use a new pen for your injection.

Going on a trip?
Mounjaro can last unrefrigerated for up to 21 days. Just make sure the temperature does **not** get any higher than 86°F (30°C). Keep your pen in its original carton to protect your pen from light.

Pricing:
To have us try with insurance:
$1,499 down to start the program and $149/month --you receive the medication from your standard pharmacy in prefilled pens with the trade name **(Does not includes medications)**

No insurance/cash pay.
$1,499 down to start and $420 / month: e send your prescription to a compounding pharmacy and they send you monthly your prescription as a generic vials that you prepare. **(Does include medication)**
(Save over $600 off retail which can be $1,000-$1,400)

*All down payments are **nonrefundable**
*We do not guarantee insurance coverage -we recommend you go their websites and follow directions to see if you are covered.

Pay here: _____

Ask about our one-time discount if paid upfront from Monthly subscriptions.
Insurance or cash pay.

https://www.buildmybod.com/pw/subscription_new.php?sub_id=142&md_uniqid=tqpafcpb

https://www.buildmybod.com/pw/subscription_new.php?sub_id=144&md_uniqid=tqpafcpb

Dr. Jeneby works with our Pharmacies to try and preauthorize you for these drugs using your own insurance.
We send your prescription to one of two pharmacies who assist you with preauthorization.
Pharmacies we use to assist with Preauthorize.
Alamo Specialty Pharmacy -Huebner Road: 210-314-6782
No In-town delivery fee, out of town $40-$50 delivery fee.
Premier/Assure Pharmacy-Babcock: 210-467-5174
No In-town delivery fee, out of town $40 delivery fee.

I understand the above and have received a copy of these instructions.

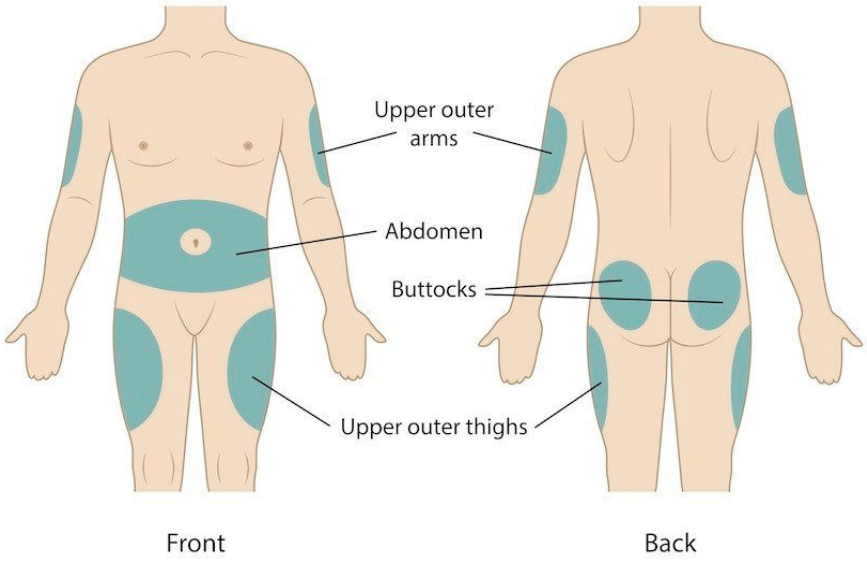
X_____ X _____
Sign Date Witness Date

X_____ X_____
Print Name. Date Print Name Date

HOW TO GIVE YOURSELF AN INJECTION

Please read though all the instructions before beginning to familiarize yourself with all the steps.

1. Select your injection site.
    a. This must be an area that has a layer of fat between the skin and muscle – where you can "**pinch an inch**".
    b. This is called the subcutaneous tissue. The following parts of your body have great subcutaneous layers for injecting:
        i. Outer surface of the upper arm
        ii. Top of thighs
        iii. Buttocks
        iv. Abdomen (except the navel or waistline)



    c. Do **not** use the same site for injections each time – it is important to rotate injection sites. Rotate your injection sites in a regular pattern. You should be at least 1.5 inches away from your last injection site. Jot down your calendar where you gave your last shot to help prevent giving the shot in the same place too soon.
2. Once you have selected your injection site, cleanse the area approximately 2 inches in diameter with a fresh alcohol pad or a cotton ball soaked in alcohol.
3. Wait approximately 15 seconds for the site to dry.
    a. Do **not** blow on or fan the site.
4. Remove the needle cap.
5. Pinch a 1–2-inch fold of skin between your thumb and index finger.
6. Hold the syringe the way you would a pencil or dart.
7. Insert the needle at a 45–90-degree angle to the pinched-up skin. The needle should be completely covered by the skin. If you do this quickly, you will feel very little discomfort.