



# Using Semaglutide for Weight Management

 **hub.health**

Time to look after yourself

# Welcome

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Thanks for choosing hub.health to support your journey to better health and well-being. Our dedicated team of doctors, nurse practitioners, specialist weight management nurses, dietitians and pharmacists are here to support and guide you every step of the way

## Our Health-first Philosophy

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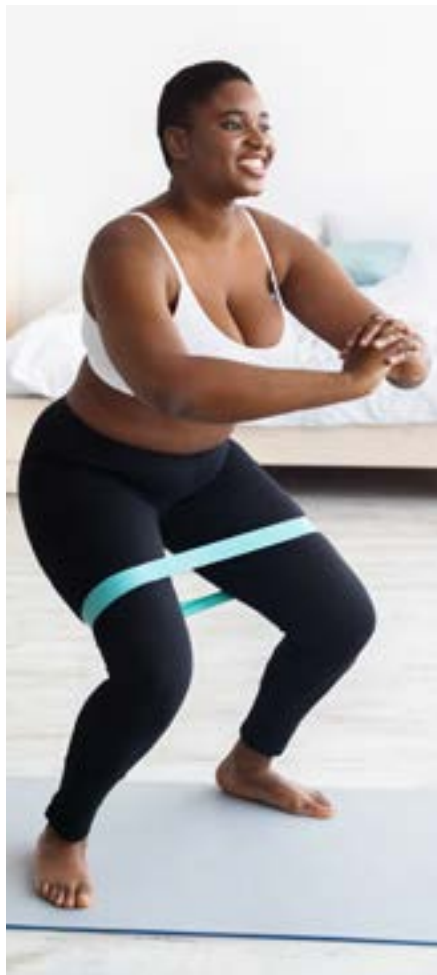
We endorse a health-first philosophy, and during this program, we encourage you to shift your mindset from solely losing weight to forming balanced and sustainable habits that prioritise your well-being.

### **But what does a health-first philosophy to well-being really mean?**

It means we adopt evidence-based protocols incorporating the latest research findings in nutrition, movement and behavioural psychology to place your health and overall well-being at the forefront of our approach.

Instead of fixating on the number on the scale as the ultimate measure of success, we emphasise the importance of nurturing your physical, emotional, and mental health. This involves nourishing your body with wholesome foods, engaging in movement that brings you joy and prioritising self-care.

**By taking this approach, we empower you to achieve a healthier body and a happier life.**



# Table of Contents

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What to Expect.....	4
About Compounded Semaglutide.....	5
Understanding how Compounded Semaglutide Works.....	6
Important things to know.....	7
Dosing Schedule.....	9
Listen to your body.....	10
Administering Compounded Semaglutide.....	11
Delivery of medication.....	13
Storage of medication.....	14
Side effect management.....	15
Additional side effects.....	17
Making the most of your check-ins.....	19
Preparing for your consultations.....	20
A healthier you.....	22
Nutritionally-balanced food choices.....	23
Benefits of exercise & movement.....	24
Lifestyle considerations.....	25
Break through a weight loss plateau.....	26
It's time to look after your health.....	27
Frequently asked questions.....	28

# 1 What to expect

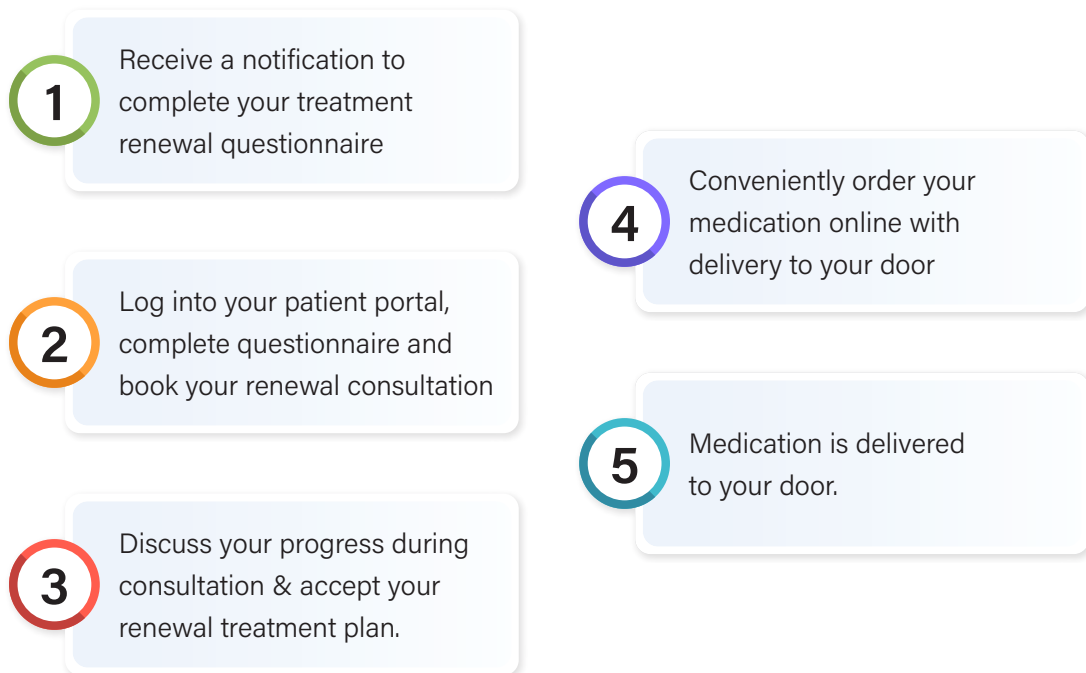
Starting a weight management program, that offers medication support is a positive step towards achieving your health goals. To assist and guide you through your program, we'll support you with:

**The 5-Week Essentials Guide:** Delivered weekly to your inbox, you'll find valuable information and tips to help navigate your journey with confidence.

**Follow-up consultations:** You can check in with your clinician, assess dose increases, and ask questions about your treatment plan. We'll remind you to complete your renewal questionnaire and follow-up consultation every four weeks. After three months, if you're managing the program well, check-ins will increase to every six to eight weeks.

**Medication repeats:** Delivered to your door every month, ensuring a smooth and hassle-free experience. After each consultation, simply review and accept your treatment plan and process your next medication order. If you have other prescriptions, you can order these through the patient portal for extra convenience.

## Consultation Guide



After each consultation, if your treatment plan is working well for you, your clinician will arrange your next prescription. To ensure a continuous supply of medication, we encourage you to promptly complete your renewal questionnaires and attend your follow-up appointments. Staying connected with your clinical team plays a vital role in our weight management program, enabling us to offer the support and guidance needed to help you reach your health and wellbeing goals. Your commitment to these steps will make a positive impact on your journey.



## 2 About Compounded Semaglutide

Amid the ongoing global shortages of commercially branded Semaglutide medications, we've established a collaboration with leading compounding pharmacies in Australia. This means, your medication is a bespoke solution to support your ongoing treatment plan when commercial supply is unavailable.

Our partner pharmacies are recognised leaders in producing compounded injections. They are renowned for their commitment to quality and stringent safety measures, ensuring their compounded medications are consistently safe, effective, and of high quality. The process of repackaging and compounding medications is conducted by trained pharmacists and technicians, using specific equipment in purpose built and externally accredited sterile laboratory facilities.

### Understanding Compounding

Understanding Compounding Pharmaceutical compounding is a precise practice where custom medications are formulated. These are tailored to individual patients, combining ingredients in the exact strength and dosage form needed. This meticulous process is conducted by trained pharmacists and technicians, using specific equipment in dedicated facilities.

In Australia, compounding practices are governed by guidelines published by the Pharmacy Board of Australia and the Pharmaceutical Society of Australia. The guidelines inform the high standards for the quality of ingredients, the equipment used by compounding pharmacies during the compounding process and the pharmacists' training and qualifications. This ensures safety and efficacy to support treatment outcomes when using compounded medications.

### About Our Compounded Product

We provide patients with up to four pre-filled syringes monthly, each containing your prescribed weekly dose of the active ingredient, Semaglutide.

These injections are viable for 30 days and are ideally stored between 2-8°C but can be kept at room temperature (below 30°C) if required. Please note, these are single-use syringes, not multi-dose pens.



# 3 Understanding how Semaglutide works

## First, let's look at what GLP-1 does in the body

Glucagon-like peptides are made from a chain of amino acids – the building blocks of proteins. When these molecules are divided, they create various hormones, including glucagon. This is why a GLP-1 is known as 'glucagon-like,' as it has similarities to glucagon. Glucagon is a hormone formed in the pancreas that helps control blood sugar (glucose) levels. Glucose is one of the main sources of energy that your body needs to support bodily functions.

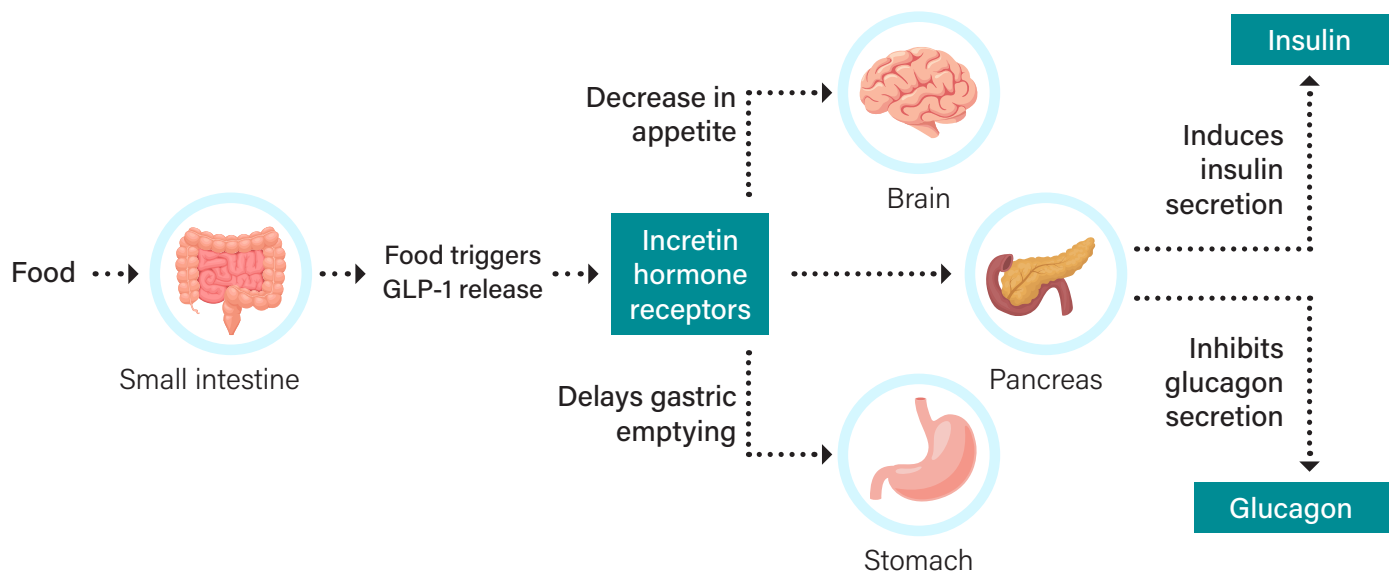
The lining of the small intestine is a major source of GLP-1s. It can also be found in smaller quantities in the pancreas and central nervous system. GLP-1s belong to a family of hormones called incretins, which promote insulin secretion as a result of gut-derived factors.

GLP-1 increases the amount of cells in the pancreas that produce insulin, which helps the pancreas release more insulin to reduce glucagon levels. GLP-1 also increases feelings of fullness by acting on the brain's appetite centres and delaying the stomach's emptying.

## Next, let's look at how Semaglutide works

With Semaglutide, the GLP-1 receptors in the body are activated to support insulin and glucose metabolic function.

The activity of Semaglutide enhances insulin secretion and helps to reduce glucagon levels, improve insulin sensitivity, decrease food intake and slow gastric emptying. This medication is recommended as an adjunct therapy alongside balanced food choices, regular movement or exercise and sustainable lifestyle behaviours that promote health and well-being.



## 4 Important Things to Know



**Semaglutide makes your stomach take longer to empty.** If you take any medications by mouth that are slow-release, quickly absorbed in the stomach or have a narrow therapeutic index (like warfarin), Semaglutide could affect how well these medications work.

Due to unknown safety, **Semaglutide should not be taken during pregnancy or breastfeeding.** If you are planning a family, stop taking Semaglutide at least two months before attempting to conceive. Cease taking Semaglutide immediately if you become pregnant, and contact us for further support.



All medications can have side effects. Most are minor and temporary. However, some side effects may need medical attention. Understanding **how to manage side effects** is important to ensure your ongoing treatment is effective. Read more about side effect management in the side effects section of this booklet.

**Dehydration may be experienced when first starting Semaglutide.**

It's important to avoid dehydration by drinking plenty of fluids regularly throughout the day. Symptoms of dehydration include dry mouth, decreased urination frequency, dark urine, headache, muscle weakness or dizziness.



**Semaglutide can cause hypoglycaemia (low blood sugar).** Mild to moderate symptoms can often be overlooked ([see side effects section](#)). If experiencing hypoglycaemia, eat a small amount of sugary food or drink fruit juice. Make sure to let your clinician know if this happens. If you are taking any medications for diabetes or glycaemic control, please discuss this with your clinician and regular GP.



**Due to unknown safety, hold treatment prior to any elective surgical procedure.** Due delayed gastric emptying, to reduce risk of regurgitation and aspiration of food into the airways and lungs during general anesthesia or deep sedation, consider not taking medication one week prior to procedure. If you are experiencing GI symptoms, such as nausea, vomiting, abdominal bloating or abdominal pain discuss this with your surgical team prior to your procedure.

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If you plan to **travel overseas, you may require a letter** explaining why you are taking injectable devices. Reach out to our Patient Support team at **help@hub.health** to request a travel medical letter. We will need at least ten days' notice to process your request.

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**Used syringes should be disposed of in a yellow plastic sharps container,** which will be provided with each order. **Sealed sharps containers must be disposed of safely at public hospitals, participating pharmacies and community sharps disposal bins –** contact your local council to find the closest locations to you.

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**Only change your dose if your clinician has instructed you to do so.**

Semaglutide should not be stopped suddenly and requires a staged approach to ceasing treatment. Discuss the best approach with your clinician to ensure safety when discontinuing treatment.

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**A helpful hint:** If you regularly experience increased appetite or you know you tend to increase food intake on a certain day, take Semaglutide three days before this time. This is when the effects of the injection are most noticeable, and you will get the most benefit.



Scan the QR code or **click here** to read the Consumer Medication Information on Compounded Semaglutide.

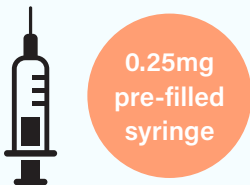
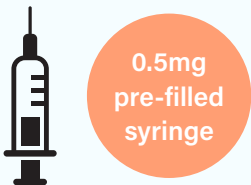
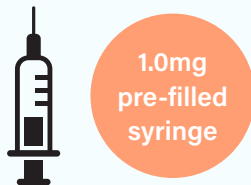
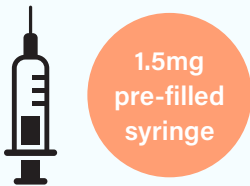
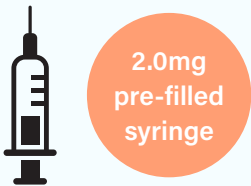
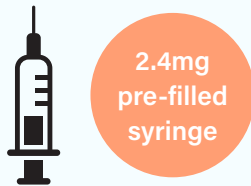




# 5 Dosing Schedule

When you first start using Compounded Semaglutide, it's important to begin with a lower dose. This allows your body to adjust to the medication before gradually increasing the dosage. The dosing schedule works in four-week blocks. If you are tolerating the medication well, prior to each 4-week block, you can discuss with your clinician about increasing to the next higher available dose.

**If you are switching from another GLP-1 medication to Compounded Semaglutide**, your clinician will advise your starting dose and when it is safe to commence Compounded Semaglutide. Please follow all instructions provided and monitor any changes.

DOSING SCHEDULE - ONCE WEEKLY		
<p><b>Weeks 1-4</b></p>  <p>Using the <b>syringe pre-filled with 0.25mg of Compounded Semaglutide</b>;</p> <ul style="list-style-type: none"><li>▶ Inject this dose once per week for weeks 1-4.</li></ul>	<p><b>Weeks 5-8</b></p>  <p>Using the <b>syringe pre-filled with 0.5mg of Compounded Semaglutide</b>;</p> <ul style="list-style-type: none"><li>▶ Inject this dose once per week for weeks 5-8.</li></ul>	<p><b>Weeks 9-12</b></p>  <p>Using the <b>syringe pre-filled with 1.0mg of Compounded Semaglutide</b>;</p> <ul style="list-style-type: none"><li>▶ Inject this dose once per week for weeks 9-12.</li></ul>
<p><b>Weeks 13-16</b></p>  <p>Using the <b>syringe pre-filled with 1.5mg of Compounded Semaglutide</b>;</p> <ul style="list-style-type: none"><li>▶ Inject this dose once per week for weeks 13-16.</li></ul>	<p><b>Weeks 17-20</b></p>  <p>Using the <b>syringe pre-filled with 2.0mg of Compounded Semaglutide</b>;</p> <ul style="list-style-type: none"><li>▶ Inject this dose once per week for weeks 17-20.</li></ul>	<p><b>Weeks 20+</b></p>  <p>Using the <b>syringe pre-filled with 2.4mg of Compounded Semaglutide</b>;</p> <ul style="list-style-type: none"><li>▶ Inject this dose once per week for weeks 20+ if you are tolerating the higher dose.</li></ul>

**Increasing your dose too quickly will not accelerate weight loss**; however, it may increase your risk of common side effects. Some people may not achieve the maximum dose due to intolerable side effects, such as nausea, but continue to lose weight and achieve their weight loss goals on maintenance therapy with a lower dose. Your clinician will manage your dosage with you and ensure you reach a safe dose with the best weight loss goals.

## 6

# Listen to Your Body

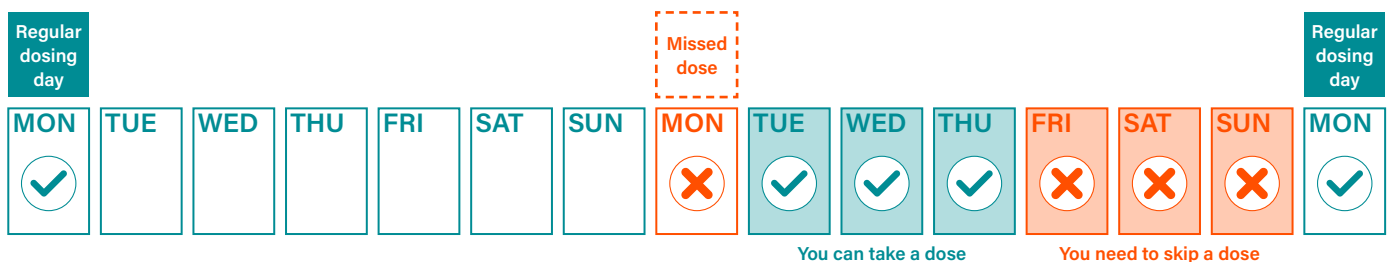
Check in with yourself regularly. Depending on how you are tolerating common side effects in relation to the health benefits you are experiencing, you may choose to hold at a lower dose. You will have regular opportunities to discuss your program, dosage and side effect management with your clinician. It's important to book these consultations and work together to create sustainable health outcomes.

Always follow the dosage instructions as directed by your clinician. If you are experiencing unmanageable side effects, reach out to our Patient Support Team, or if there is an emergency, visit your nearest emergency department immediately.

## Things to Remember

**Create a routine** to help you remember when to take the medication each week. Add it to your calendar, and try to inject it at the same time each week.

- **If you miss a dose** and there are fewer than three days until your next scheduled dose, skip the missed dose. Administer the next dose as usual on your regular day.
- **Do not take a double dose to make up for any missed doses.** For example, if your regular dose day is Monday:



- **If you use too much Compounded Semaglutide**, seek urgent medical attention. Even if there are no signs of discomfort or poisoning, you should immediately:
  - Phone the Poisons Information Centre (call 13 11 26), or
  - Contact your regular GP, or
  - Go to the Emergency Department at your nearest hospital
- **You can change the day of your usual scheduled dose if necessary**, provided at least three days have passed since your last injection of Compounded Semaglutide.
- **If your treatment is interrupted** for more than 10 days, it's recommended to restart on the lowest dose (0.25mg) again. Contact the Patient Support Team to organise a review consultation if you need to change your prescription.
- **The minimum interval between dose increases is four weeks.** This allows the body to adapt to the medication and reduces the risk of common side effects.
- **If switching from another weight loss medication to Compounded Semaglutide**, there may be a period when you stop taking that medication before commencing Compounded Semaglutide. Your clinician will review your history, previous tolerance of medications, and any medication side effects and provide a treatment plan to switch medications safely.

# 7 Administering Compounded Semaglutide

Compounded Semaglutide is a subcutaneous (under the skin) injectable medication. It is administered by using the provided prefilled syringes with attached needles. It must not be injected into a vein or muscle. Follow all directions in this booklet, the CMI or as instructed by your clinician. Contact our Patient Support Team for further guidance if you do not understand these instructions.

Compounded Semaglutide should be injected once a week on the same day and preferably at the same time each day. It's best to put a reminder in your phone or calendar when your injection is due each week. It can be taken on either an empty or a full stomach.

Before preparing your medication, choose an appropriate injection site on your stomach or thigh with a good amount of fatty tissue below the skin. Changing the injection site each time is important to help reduce potential pain and irritation.

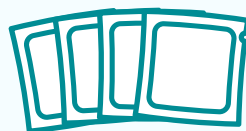


## Each Order Will Contain

Your order is provided as four individual use pre-filled syringes. Each syringe conveniently provides one week's worth of medication. Each week, you should inject the whole contents of each single-use syringe and discard the used syringe in the sharps container provided.



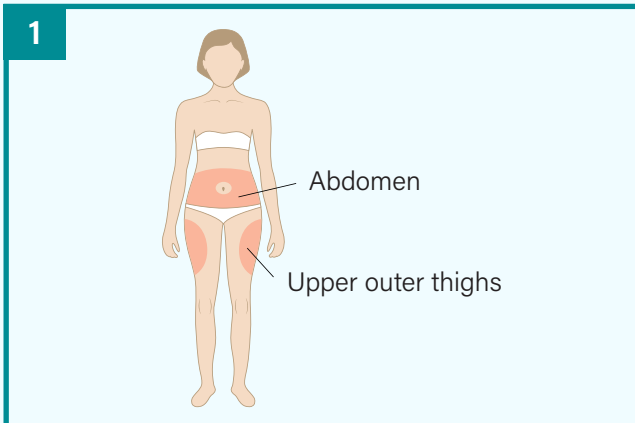
4 x sterile pre-filled syringes with needle tip attached



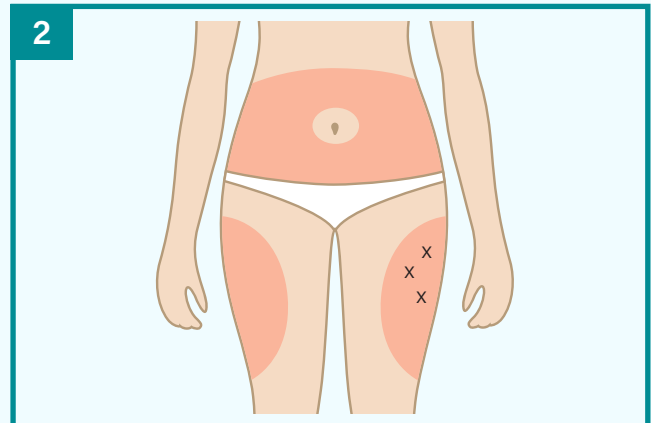
4 x alcohol swabs



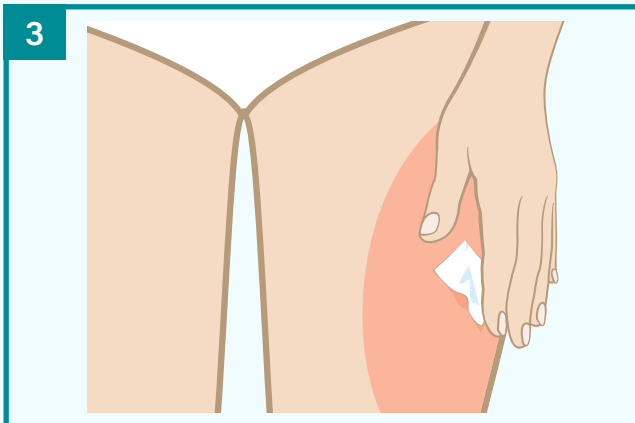
1 x sharps container



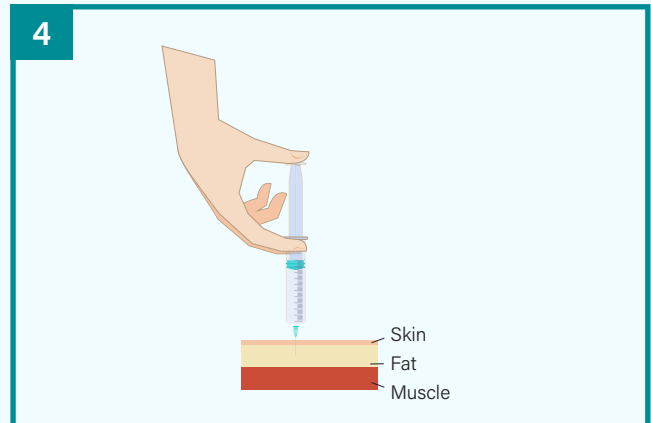
The injection site can be under the skin of the stomach or thigh; choose an area with a good amount of fatty tissue under the skin.



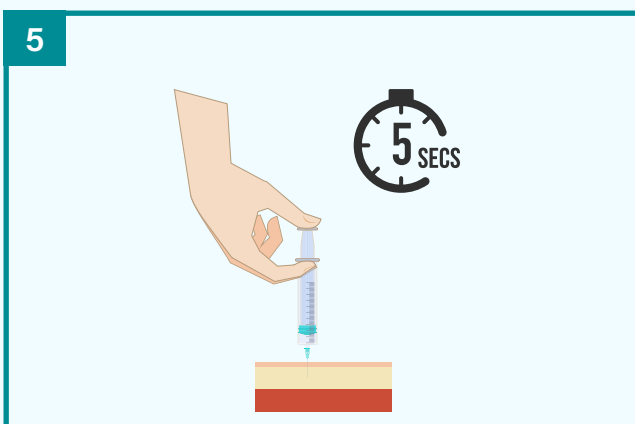
You can use the same area of your body each week, but be sure to change injection sites within that area each time.



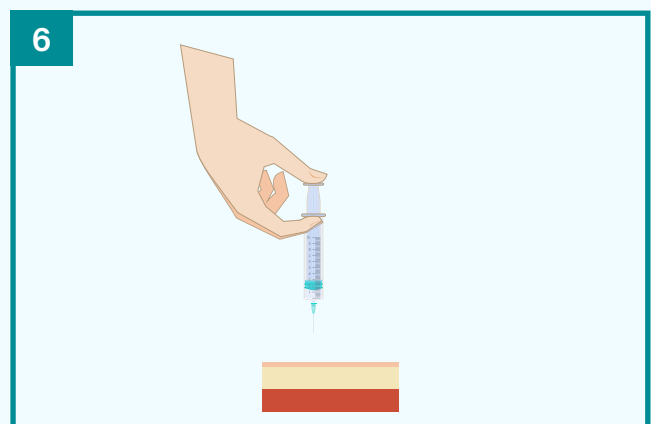
Wipe your injection site of choice with an alcohol swab (allow to dry before injection).



Insert the needle into the chosen injection site and push the plunger with a slow, constant pressure all the way down as far as it will go to inject all the liquid.



The plunger tip should be at the bottom of the syringe, and the needle should stay in your skin for at least 5 seconds to ensure you have injected all of the medicine.



While the plunger is still pressed, remove the needle from the skin and then release the plunger.

**Place the used syringe and needle in the sharps container provided.** Do not dispose of the used syringe needle in general waste or the bin.



# 8 Delivery of Medication

## Delivery of Compounded Semaglutide

Depending on your location, your medication may be delivered by our cold chain shipping partner, regular postal service or overnight courier. You will receive a tracking link once the pharmacist dispenses your order. This link will update as soon as it is scanned at our shipping partner's distribution centre, this may take 1-4 days. You can also access your tracking link on your patient portal's "Order History" page.

Please note: If your order is shipped by our cold chain shipping partner, Home Delivery Service (HDS), it is shipped and stored in refrigerated vehicles and warehouses. Ideally, you should be home to collect the order. HDS will send regular SMS updates to inform you of the expected delivery window. HDS offer contactless delivery, as soon as your order is delivered, they will send you an SMS to advise your delivery is complete. HDS will leave your order in safe place. Compounded Semaglutide can safely be stored below 30°C for up to 30 days.

Your medication is shipped in discreet plain packaging. If you're not available to accept your delivery and place in the fridge straight away, please consider an alternative delivery address, such as your workplace. You can change your delivery address **before placing your next order** by clicking on "profile" in your patient portal.

Depending on your location, deliveries may take up to 7-10 business days. We factor this shipping time into your order schedule, so you should always have enough medication to last until your next order arrives.



Order manually or enable auto-repeats in your hub.health patient portal.



Tracking link sent once order has been dispensed by pharmacist.



Order delivered by cold chain shipping partner, regular postal service or overnight courier.



Once you've received your order, store your medication in the fridge.

1-4 days.

7-10 days.

## 9

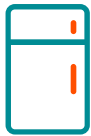
# Storage of Medication



**Store in a refrigerator** (2°C-8°C). Ensure it is not placed near the cooling element.



**Do not allow the medication inside the pre-filled syringes to freeze.** If it has been frozen, DO NOT use and discard.



**If refrigeration is not possible**, pre-filled syringes can be stored at room temperature (below 30°C) for up to 30 days. Discard any unused medication after this period.



**Discard any medication that exceeds the expiration date** noted on the dispense label (providing it has been stored in the refrigerator).



**Store medication away from direct sunlight and heat.**



**Use a new syringe for each weekly dose.** Do not use the same syringe more than once.



**Check the solution is clear, colourless or slightly yellow tinge** before using it each time. Do not use if medication looks cloudy or milky, and discard safely.



**Keep pre-filled syringes out of sight and reach of children.**



**Place the used syringe and needle in the sharps container provided.** Do not dispose of the used syringe needle in general waste or the bin.

# 10 Side Effect Management

As your body adjusts to the medication, side effects are common. Symptoms are most likely to occur when starting the medication or increasing the dose. They usually subside within a few days after each injection. It's important to manage any common side effects you may experience.

## Nausea (feeling sick)



- Eat small regular meals or snacks every 2-3 hours
- Try not to skip meals and avoid spicy, salty or sugary foods
- Include a lean protein in each meal (eggs, peanut butter, tofu, lean meats etc)
- Drink small sips of water throughout the day, ensure you stay hydrated
- Foods containing ginger and peppermint tea can help
- Cook or choose foods that don't have a strong smell

## Reflux



- Try not to drink during meal or snack times; wait 30 minutes
- Stay seated or upright after eating for 1 hour
- Eat slowly and chew foods well
- Take regular breaks when eating
- Reduce alcohol consumption, spicy and deep-fried foods
- Consider what foods may trigger symptoms and reduce intake

## Constipation



- Add daily exercise to invigorate bowel movements
- Increase fibre intake gradually with wholegrains, extra vegetables and fruit (with skin on), nuts, seeds and legumes
- Aim for 2-3L of water with small drinks often throughout the day
- When the urge arises, avoid delaying bowel movements
- Include Benefiber or Movicol if required; use as per directions

## Diarrhoea (urgency to pass stools)



- Stay hydrated and aim for 2-3L of water per day
- If greater than two days, replenish salts and minerals with oral rehydration drinks
- Temporarily reduce intake of colourful fruits, vegetables, juices and dried fruit as these may worsen symptoms
- To bulk up stools, choose bland, colourless foods like potatoes, white rice, bananas, dry toast and crackers
- Once symptoms subside, reintroduce a balanced, nutritious diet gradually

## Headache and Fatigue



- Practice good sleep hygiene
- Try avoiding screens before sleep time and create a relaxing bedtime routine
- Maintain energy levels by eating regularly (every 2-3 hours)
- Stay hydrated throughout the day; it's best not to feel thirsty
- Enjoy a walk in the fresh air to revitalise your energy
- Try regular exercise to help reduce fatigue

## Injection Site Irritation



- Adhere to injection guidelines and pharmacy dispensing information
- Rotate injection sites each time and always use a new needle tip
- If itchy or irritated, apply a cold, damp cloth or towel to soothe the area
- If small lumps under the skin occur, change the injection site
- If bruising occurs, these will disappear or use an arnica cream to help

**Note** If common side effects become unmanageable, stop taking the medication and discuss it with your clinician. If severe side effects impact your well-being, contact your regular GP or visit your nearest emergency department immediately. Please review the Consumer Medication Information guide for more information about the risks of all side effects.



Scan the QR code or [click here](#) to read the Consumer Medication Information on Compounded Semaglutide.





# 11 Additional Side Effects

While the common side effects of Compounded Semaglutide are likely to be mild to moderate, you may experience additional side effects. It's important to continuously monitor for any changes and adjust accordingly.

## Dehydration

You may experience loss of fluids due to the common side effects of nausea and diarrhoea. Symptoms of dehydration include:

- Dry mouth, decreased frequency of urination, dark urine, headache, muscle weakness or dizziness.

Chronic dehydration can lead to decreased kidney function, so staying hydrated is important.

- Drink regularly throughout the day; don't wait until you are thirsty.
- Aim to drink around 2.1L for women and 2.6L for men a day.
- Water is the best for hydration.

It can be helpful to check the colour of your urine to assess how hydrated you are. The colours on this chart should be used as a guide only. Certain foods, medication and vitamin supplements may change your urine colour even if you are hydrated. If you have any concerns, seek further advice from your clinician.



## Hypoglycaemia

Semaglutide has a low risk of causing low blood sugar levels (hypoglycaemia). It's important to know the mild to moderate symptoms and monitor your body, particularly within the first three days after injecting a dose. Look out for

- Sweating
- Feeling hungry
- Headache
- Shaking or unsteady movement
- Light-headedness, drowsiness or dizziness
- Changes in mood, behaviour or irritability
- Inability to concentrate or blurred vision
- Sleep disturbances
- Increased heart rate or irregular heartbeat
- Tingling in the hands/feet/lips or tongue
- Slurred speech

If you have any of these symptoms after taking Semaglutide, eat some sugary foods or drinks, such as a jam sandwich, jellybeans, orange juice, or small amounts of lollies. It's also important to inform your clinician so they can help you manage any ongoing low blood sugar levels.



**Note** If common side effects become unmanageable, stop taking the medication and discuss it with your clinician. If severe side effects impact your well-being, contact your regular GP or visit your nearest emergency department immediately. Please review the Consumer Medication Information guide for more information about the risks of all side effects.



Scan the QR code or [click here](#) to read the Consumer Medication Information on Compounded Semaglutide.



## 12 Making the Most of Your Check-Ins

Regular consultations are key to achieving your weight management and health goals. They allow you to monitor your progress and receive personalised support from your clinician. Completing each check-in is a commitment to your health and well-being; your dedication and your clinician's expertise can make a real difference in your journey towards better health.

There are two types of check-in consultations that you will complete during your weight management program.

Consultation	When	Why
Follow up	At key points in your journey. You will receive an email notification to book your consultation.	To evaluate medication effectiveness, address common side effects, and offer guidance and support.
Renewal	Initially every 4 weeks, then every 6-8 weeks when you reach the best ongoing maintenance dose.	To discuss your progress, determine any dose changes and issue new medication scripts to continue on your treatment.



# 13 Preparing for Your Consultations

For each consultation, it's important to have your weight, waist measurement, blood pressure and heart rate details available. We recommend preparing in advance. If you don't have a scale, measuring tape, or blood pressure monitor at home, visit your nearby pharmacy for assistance. Alternatively, you can also purchase iHealth devices in your hub.health account and we will deliver them to your door.

If you're interested in collecting these readings yourself, follow the instructions below to measure these values accurately.

## Not All Scales = The Same Result

Different scales and times of the day can give varying weight readings. It's a good idea to weigh yourself before eating or drinking anything in the morning and after using the toilet. Wearing the same clothes or your birthday suit can help keep your measurements consistent.



**A helpful hint:** Remember, taking a break from the scales is completely okay if you find that weighing yourself negatively affects your well-being. Prioritise self-care and focus on breaking any unhelpful patterns that might arise from frequent weigh-ins.

## Hug Yourself (With a Measuring Tape)

Your waist measurement is not just about the size of the pants you wear. Waist circumference is a clinical measurement used to screen for health risk factors like type 2 diabetes, high blood pressure, high cholesterol and heart disease. Measuring your waist is easy with the right tools; it's best to have a soft tape measure.





## Blood Pressure and Pulse Rate Reading

Your blood pressure values come in a pair – the first number (systolic) reflects the pressure when your heart contracts, while the second number (diastolic) represents the resting pressure between beats. These two values are required for you to enter into your renewal questionnaire. Your pulse rate will be provided each time you check your blood pressure; note this value, too.



## Wellness Matters

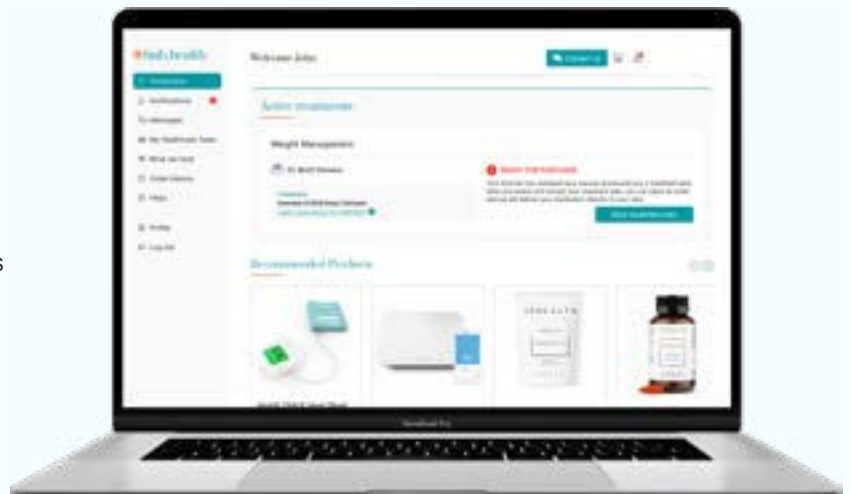
Empower your well-being by taking charge of your health. With iHealth devices available for purchase through your **hub.health** account, you can effortlessly monitor your health metrics from the comfort of your home.



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## How to Order iHealth Products

- Step 1:** Log into your **hub.health** account
- Step 2:** Click on the Treatments page
- Step 3:** Scroll down to recommended products and find iHealth items
- Step 4:** Add items to cart
- Step 5:** Process Payment



## 14 A Healthier You

While medications may assist in reducing appetite, they are not a standalone solution for weight loss and better health. Your weight management plan aims to create sustainable health outcomes. This means including nutrition, exercise and lifestyle changes alongside your medication program.



**Nutritionally balanced food choices** provide the essential nutrients and minerals to help regulate hunger hormones, stabilise energy levels, enable the body to function optimally and create sustainable eating habits to reduce restrictive eating behaviours and promote a healthy relationship with food.



**Regular exercise** aids in preserving muscle mass, improving mobility and increasing metabolic rate.



**Lifestyle changes**, such as stress reduction and quality sleep, contribute to mental and physical well-being, positively impacting weight loss efforts.

Combining these elements maximises the effectiveness of the medication, promotes healthier habits, and ensures lasting weight management results for a happier, healthier you.

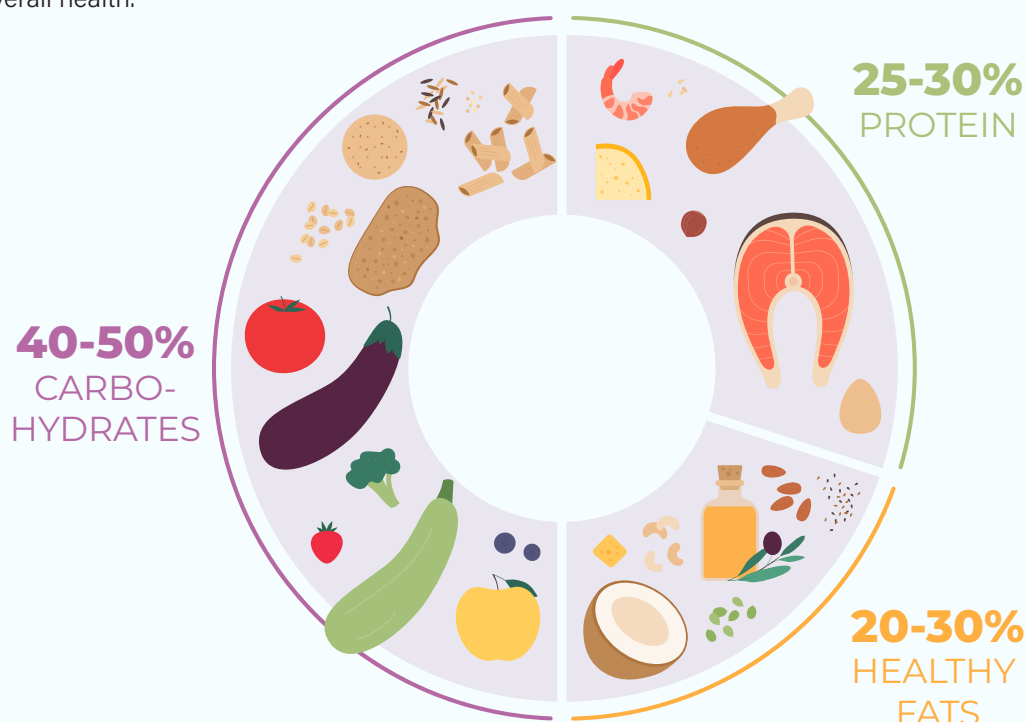
# 15 Nutritionally-Balanced Food Choices

A balanced meal or snack provides a variety of nutrient-dense foods from all food groups. Choose whole grains, lean proteins, healthy fats, dairy products and plenty of fruits and vegetables. This ensures adequate fibre intake to assist with feeling fuller for longer, improved gut health, and regular bowel movements.

- **Protein** is essential for repairing and building tissues in your body. It also helps you feel fuller for longer, reduces hunger and decreases overeating. Good protein sources include lean meats (chicken, turkey, fish), legumes, tofu, eggs, and low-fat dairy products.
- **Carbohydrates** provide energy to fuel your daily activities. Complex carbohydrates such as whole grains (brown rice, quinoa, whole-wheat), fruits, vegetables and legumes are the best sources to release energy slowly. This helps to stabilise blood sugar levels and prevent energy crashes.
- **Healthy fats** are important for absorbing certain vitamins and aiding various bodily functions. Focus on unsaturated fats in foods like avocados, nuts, seeds and olive oil. Limit intake of saturated and trans-fats typically found in processed and fried foods.
- **Fruits and vegetables** are rich in vitamins, minerals and fibre. They help maintain proper digestion, support your immune system, and promote nearly every function in the body.

Be mindful of portion sizes and added sugars, salt and processed foods - many of these can be hidden in regularly consumed foods. Remember to drink plenty of water throughout the day with regular small amounts rather than several big glasses all at once.

Reducing alcohol intake can have a positive benefit on your well-being, too. Choosing non-alcoholic alternatives or cutting back on the number of alcoholic beverages a week can improve sleep quality, energy levels, digestion, weight loss and overall health.



## 16 Benefits of Exercise & Movement

Starting a new exercise routine can feel intimidating, but every small step counts. Begin by incorporating gentle activities into your daily life, like taking a short walk or choosing stairs over the lift. Find activities you genuinely enjoy, whether dancing, cycling, swimming or walking, and gradually increase the duration and intensity as you feel more comfortable.

There are so many benefits to incorporating movement into your daily routine, particularly when combined with a medication like Compounded Semaglutide.

- **Exercise promotes energy expenditure**, and GLP-1 medication helps suppress appetite and reduce food intake, significantly enhancing overall weight loss.
- **Regular exercise and GLP-1 medications improve insulin sensitivity**. This means your body uses glucose more efficiently, reducing the risk of insulin resistance, which is often associated with weight gain.
- **Exercise helps preserve or increase lean muscle mass** during weight loss, which is essential for maintaining a higher metabolic rate, better mobility and overall stability.
- **Exercise improves blood lipid profiles**, reducing triglyceride levels, increasing HDL (good cholesterol) and promoting balanced cholesterol levels.
- **Exercise positively affects mood**, reducing stress and anxiety, improving sleep quality and releasing 'feel good' hormones.



When starting a new exercise program, working closely with your clinician is essential. They can monitor your progress, adjust the medication dose if necessary, and provide personalised guidance on nutrition and exercise to optimise your weight management plan and overall health and well-being.

Be patient and kind to yourself, as sustainable habits take time to develop. Celebrate every milestone, no matter how small, and focus on the positive changes you'll experience in your body and mind. Remember, the key is consistency, not perfection.



# 17 Lifestyle Considerations

Making lifestyle changes may take time. It's about laying a solid foundation for lasting improvements in your health and well-being. Focusing on the little things first is helpful, as they often create the biggest long-term impact.



**Prioritise getting enough sleep** every night. Lack of sleep can disrupt the hormones responsible for hunger and satiety.

**Find healthy ways to manage stress**, such as meditation, deep breathing exercises, hobbies, talking with others, or spending time in nature. Stress and anxiety can contribute to unhelpful behaviours, like emotional eating.



**Identify unhelpful habits**, including any triggers, and adopt positive behaviours and coping strategies to replace those habits.

**Surround yourself with a supportive network** of friends, family, or community groups. Social support can provide encouragement, accountability and motivation to assist with positive changes.



**Focus on creating sustainable habits** over time rather than choosing short-term, restrictive or rules-based behaviour changes.

Remember, your journey on the weight management program is unique, and individual factors such as metabolism, medical history, genetics and lifestyle will influence your progress.

Try to remember, any setbacks you experience are a normal part of a transformative journey; they don't define your progress or potential for success. Setbacks are stepping stones leading you forward on the path of change.

# 18 Break Through a Weight Loss Plateau

It's normal to experience slower weight loss after some time on weight loss medications. It means your body has adjusted to the medication, or your metabolism has adapted to new eating and exercise habits. Both are positive steps in your journey. Try not to be discouraged by the temporary slowdown; it doesn't mean you're not making progress.

**Weight loss journeys often have ups and downs; however, there are ways to break through plateaus and continue your journey to better health.**

Meal replacement shakes and soups are one option to help kick-start weight loss. Very low-energy meal replacements are a simple and easy way to boost protein and reduce calorie intake at the same time. These options are for short-term use and are carefully formulated with required vitamins, minerals and other essential nutrients.

## How to order your KicStart pack

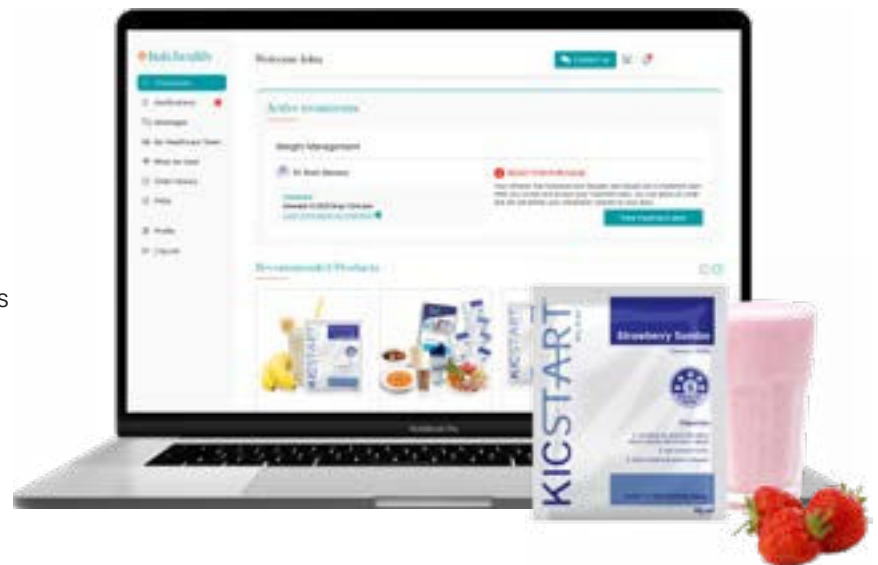
**Step 1:** Log into your **hub.health** account

**Step 2:** Click on the Treatments page

**Step 3:** Scroll down to recommended products and find KicStart items

**Step 4:** Add items to cart

**Step 5:** Process Payment



To purchase, log into your patient portal and select your recommended products to have your selection delivered with your next medication order. But first, discuss with your clinician before starting on our recommended meal replacement options. They can guide the best approach to incorporating them into your program.



## We Recommend Trying the 21-Day KicStart Pack

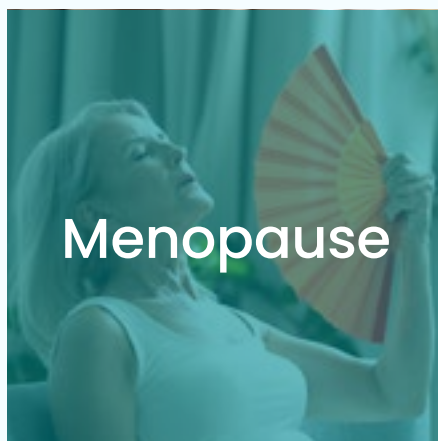
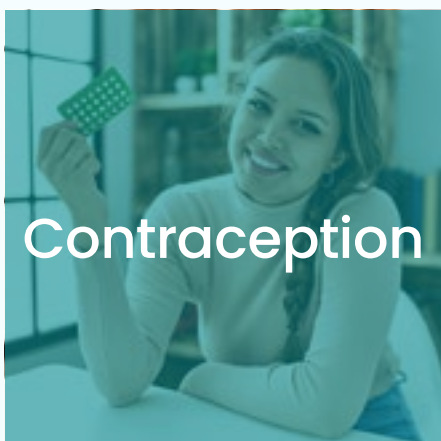
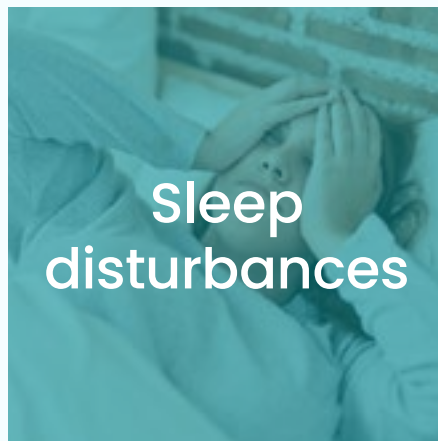
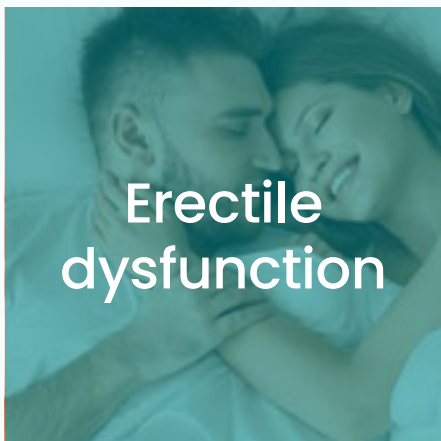
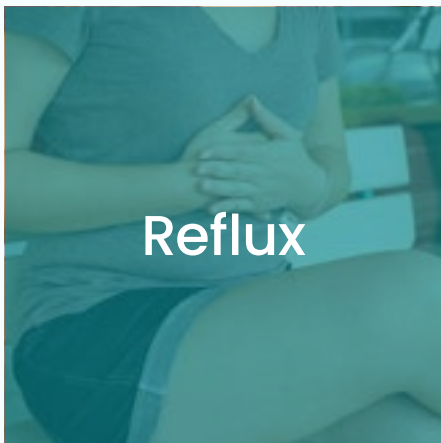
- Selection of 21 shakes and soups
- Shaker bottle
- Meal Portion Plate
- Week by Week Guide Booklet



# 19 It's Time to Look After Your Health

Your weight management program helps you achieve your weight goals and improve overall health and vitality. Following a health-first approach, our clinical team can support you to address various health conditions and help create long-term well-being.

**Log into your patient portal for hassle-free access to treatments for a range of conditions.**



## Ordering

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### **When can I order my next month's medication?**

When you're due for next month's medication, we'll remind you to do another questionnaire and consultation. It's important to complete the questionnaire and schedule your consultation promptly. If all is going well, this will enable your next script to be issued so you can order your medication.

### **Can I get multiple repeats on my script?**

Our weight management program doesn't provide repeats of medication prescriptions during the first and early follow-up consultations. We follow an evidence-based approach that emphasises regular clinical check-ins to support your health and weight objectives. Our goal is to help you achieve sustainable weight management results, and this involves your ongoing commitment to consulting with your clinician for guidance and embracing lifestyle changes.

### **I am traveling overseas; how do I order enough medication to last my trip?**

Please reach out to the Patient Support Team for assistance with this. To ensure your medication is delivered before you leave, contact us at least 14 days prior to your departure. We can also provide a travel letter to cover travelling with your medication.

### **Why do I need to complete a consultation to order my medication?**

Regular consultations enable your clinician to monitor your progress closely, offer personalised guidance and adjust your treatment plan and dosage as needed. They'll review weight trends and key lifestyle factors such as nutrition, physical activity, sleep and stress management. These factors influence your evolving treatment needs, ensuring sustainable health outcomes.

### **How do I complete a repeat consultation?**

You will receive a notification when you are due for your next consultation. Simply log into your patient portal, head to the Treatments page, and click 'Renew or change script.' From here, you can complete the questionnaire and book your next consultation.

## Delivery

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### **How is my order delivered?**

Depending on your location, your medication may be delivered by our cold chain shipping partner, regular postal service or overnight courier. There's no need to visit a pharmacy or pick up a script; we've got you covered by delivering your medication to your door.

### **What's the difference between delivery options?**

Our cold chain shipping partner guarantees your package remains at refrigerated temperatures from pharmacy collection to delivery. Your order does not require thermal packaging.

Regular postal service requires your order to be boxed up in thermal packaging, with an esky and frozen gel ice packs. This service is used when cold chain shipping is unavailable to your location.

### **What if I cannot put my delivery straight in the fridge after it's delivered?**

If our cold chain shipping partner sends your order, you will receive an SMS when your package arrives so you can refrigerate it.

If your order is sent by regular postal service in thermal packaging, it should remain refrigerated for up to two days from its postal date.

Our Compounded Semaglutide injections have a 30-day expiry and are ideally stored between 2-8C, but can be kept at room temperature (below 30°C) if required

### **How can I track my order?**

You will receive a tracking link once the pharmacist dispenses your order. This link will be updated by our delivery partners within 1-4 days after dispensing. In addition, your tracking link is available on your patient portal's "Order History" page.

### **My next order hasn't arrived; what happens if I run out of medication?**

If your next scheduled dose is within 7-10 days of your previous dose, administer it as usual. If it's longer than ten days since your last dose, you may need to check in with your clinician to discuss the best approach to recommencing treatment. This is to help reduce any potential side effects. Reach out to the Patient Support Team to assist.

### **Can I request a specific day or change the delivery day of my medication?**

We understand the importance of convenience in medication delivery. However, at this time, we are unable to accommodate requests for specific delivery days or changes to the scheduled delivery day.

Our delivery schedules are carefully planned to ensure that medications reach our patients in a timely and efficient manner, aligning with their prescription and medical needs. This helps us maintain the highest level of service and accuracy.

## **Medication Storage**

### **What if I cannot keep my Compounded Semaglutide refrigerated?**

If refrigeration is not possible, unused Compounded Semaglutide syringes can be stored at room temperature (below 30°C) in a dark place for a maximum of 30 days. Discard any unused medication after this period.

### **Should Compounded Semaglutide be at room temperature before I take my dose?**

It's best to administer your dose right after taking it out of the refrigerator. Warming the pre-filled syringes to room temperature before use isn't required, but it can be kept at room temperature for up to 1-hour (indoors and away from light) before giving your dose.

### **How should I pack Compounded Semaglutide if I am travelling?**

Keep Compounded Semaglutide in a cool bag with frozen gel ice packs when in transit. Place in a refrigerator as soon as possible. If medication exceeds 8°C, use it within 30 days. DO NOT use it if the medication in the pre-filled syringes is frozen. Discard any medication that is not able to be used.

## **Injection Administration**

### **What is the difference between compounded and commercially branded medications?**

Compounding is a process that involves combining, mixing, or altering ingredients to create a medication. Compounded Semaglutide contains the same active ingredient as commercially branded Semaglutide medications, and is custom-made by leading Australian Compounding Pharmacies, to the standards set by the Pharmacy Board of Australia and the Pharmaceutical Society of Australia.

### **What if I see air bubbles in my Compounded Semaglutide syringes?**

It's normal to see air bubbles, and they won't harm or affect your medication. If you notice air bubbles in the syringe, gently tap the syringe a few times to allow any air bubbles to rise to the top.

### **I noticed a drop of liquid or blood on my skin after the injection; what does this mean?**

This is normal. If there is a drop of liquid, there's no need to worry; you still received your full dose. If there was a drop of blood, sometimes the tiny needle nicks a surface blood vessel. Just press down on the site for a few seconds and wipe away any remaining blood.

### **Can I continue getting pre-filled syringes even when commercially branded medication is available?**

Australian guidelines state that medications can only be compounded if they are not commercially available. For this reason, we can only supply compounded medications while your prescribed strength of commercially branded medication is unavailable. Following this order and depending on supply availability you may be provided with either option. During your next consultation, these options will be discussed with you.

### **How do I discard my filled sharps container?**

For the health and safety of the community, it's important to keep sharps out of our waste and recycling systems. Always place used needles in your sharps container, and when full, dispose of them at public hospitals, participating pharmacies and community sharps disposal bins.

## **General Questions**

### **How do I contact patient support for help?**

Our specialised weight management department within our Patient Support Team is ready to assist with any questions or issues. Feel free to reach out to us at [help@hub.health](mailto:help@hub.health) anytime. Please understand that we may take 24-72 hours to respond due to the consistently high number of enquiries.

### **How do I contact my clinical team?**

Your clinical team includes Australian-based doctors, nurse practitioners, pharmacists, specialist weight management nurses and dietitians. To connect with the appropriate clinical team member, please email [help@hub.health](mailto:help@hub.health), and our Patient Support Team can assist.

### **I am experiencing severe side effects; what do I do?**

If severe side effects (continuous vomiting, lethargy, severe abdominal pain, chest pain, elevated heart or blood pressure) impact your well-being, stop taking this medication immediately and visit the emergency department.

As soon as you can, advise our Patient Support Team so we can organise a follow-up consultation with your clinician. Please review the Consumer Medication Information guide for more information about the risks of all side effects.

### **Where do I buy devices to help track my weight and health?**

We can deliver i-health devices directly to your door. These are available to purchase in your patient portal. Simply head to the Treatments page and scroll down to the recommended products to find these devices.

# Thank you for choosing hub.health

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## Your Support Network

Your clinical team includes Australian-based doctors, nurse practitioners, pharmacists, and dietitians. We are here to support you. Please email [help@hub.health](mailto:help@hub.health) to contact our Weight Management Patient Support Team, and they will assist you or direct any questions you may have to the appropriate clinical team member.

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## In the case of an emergency, what should I do?

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If you experience chest pain, respiratory distress, severe abdominal pain, blurry vision, numbness, circulatory issues, or signs of a severe allergic reaction, discontinue the medication immediately and seek urgent medical attention at the nearest emergency department or call emergency services on 000.

Please notify the Patient Support Team as soon as possible (after the emergency is treated) so we can follow up with a clinical review. Your health and well-being are our top priorities.

If you are in crisis or experiencing distress, please seek immediate help by contacting Lifeline at 13 11 14 or Beyond Blue at 1300 22 4636. In emergencies, call 000.



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**Lifeline** 13 11 14



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**Beyond Blue** 1300 22 4636



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**Emergency Services** 000

Disclaimer: This is an educational resource exclusively for patients participating in the hub.health weight management program. It is designed to support medication knowledge and encourage sustainable behavioural changes to support your health and wellbeing. This material is not to be reproduced, transferred, or shared outside of the prescribed use within the program. Unauthorised use or distribution is strictly prohibited. Always consult with your healthcare provider for personalised medical advice.