

# On A GLP1?

## Here Is Your To Do List

### Starting A GLP1 Agonist

Ozempic, Wegovy, Mounjaro, Zepbound, semaglutide, or tirzepatide

### Weight & Blood Pressure Check

This will be completed every 90 days.

If you have your weight and blood pressure documented by your General Practitioner, please ensure the following are included on a clinic letterhead:

*(Cannot be hand-written)*

- Full Name (Include middle initial)
- Date of Birth
- Date of Service
- Weight
- Height
- Blood Pressure

An "After Visit Summary" from your provider is also acceptable if it includes all these items.

Once completed, please send via email:  
[clinic@lindgren.health](mailto:clinic@lindgren.health)

The LFM cost for Weight/BP checks is \$28.

### 6-Month Appointment

An appointment with your prescribing provider must be completed every six months.

- This appointment must be with your prescribing provider.
- ***An appointment with an outside provider is not acceptable.***

### What Are GLP1s?

*Ozempic,  
Wegovy,  
Mounjaro,  
Zepbound,  
semaglutide, and  
tirzepatide*

### Annual Appointment

This appointment must be with your prescribing provider.

An appointment with an outside provider is not acceptable.

All patients using (Ozempic, Wegovy, Mounjaro, Zepbound, semaglutide, or tirzepatide) should be having a DEXA bone scan and body composition completed annually. We want to make sure you are losing weight in a healthy way, keeping bones strong, and maintaining muscle mass.

**Note:** If you are using a GLP1, a DEXA/Body Composition scan will be discussed by your provider at your next visit. Any questions can be answered at that time.

### Refills

Refills for all GLP1s can be made anytime provided the previous requirements have been fulfilled.

For a refill of your GLP1, please phone the office during business hours or send your request via email.

Phone: 920-737-1625

email: [clinic@lindgren.health](mailto:clinic@lindgren.health)

*All Lab Pricing, Rates & Policies  
Are Subject To Change*