



What are GLP-1 therapies?

Semaglutide (Ozempic, Wegovy) and Tirzepatide (Mounjaro, Zepbound) mimic natural hormones released after ingestion of a meal. They help regulate blood sugar and digestion.

How do they work?

These hormones help with insulin secretion to lower blood sugars. They attach to receptors in the brain to help decrease your appetite. They slow down digestion which makes you feel full sooner and longer.

What are the benefits?

These GLP-1 hormones have been shown to dramatically help control type 2 diabetes. In patients with diabetes, they have also shown to lower your risk of stroke, heart attack, and death. Although not approved for this, they have also shown to help reduce cravings, such as alcohol. They have also been approved to help with weight loss. In fact, they are about as effective for weight loss as gastric bypass surgery.

Are there people who can't take these medications?

These medicines are contraindicated for those with a personal or family history of Medullary Thyroid Cancer and those with a personal or family history of Multiple Endocrine Neoplasia, type 2 (MEN2).

Are there side effects/risks?

There are many potential side effects and a few of them include: thyroid cancer in animals, pancreatitis, gastroparesis, gall bladder disease, GI upset (nausea, vomiting, diarrhea, constipation), maybe depressed mood, diabetic retinopathy, low sugars, sudden vision loss.

What is compounding?

We have now contracted with a company, which is the only FDA Registered Manufacturer in the US offering injections of pure semaglutide, the ingredient in Ozempic and Wegovy, as well as pure tirzepatide, the ingredient in Mounjaro and Zepbound. These are not compounds with other ingredients. There are no dangerous salt compounds. These are bio-identical to Ozempic, Wegovy, and Mounjaro. While there have been shortages nationwide, we have been able to keep our supply in stock.

<https://www.fda.gov/drugs/human-drug-compounding/compounding-and-fda-questions-and-answers>)

<https://www.fda.gov/drugs/postmarket-drug-safety-information-patients-and-providers/medications-containing-semaglutide-marketed-type-2-diabetes-or-weight-loss>

Are compounded medications safe?

Fuller Family Medicine has contracted with a compounding pharmacy which is accredited by the Pharmacy Compounding Accreditation Board (<https://www.achc.org/compounding-pharmacy/>). This pharmacy is one of the only pharmacies in the country with this accreditation. In addition, they test every batch for safety.

Why use a compounding pharmacy?

With a compounding pharmacy, we are able to order larger quantities of medicine which dramatically reduces your cost. Also, we can avoid the prior authorizations and denials associated with many insurances, which can delay treatment.

Why Fuller Family Medicine?

This is a physician-supervised clinic to help with weight loss and diabetes control. We work with your insurance to help keep costs down. We pay for your shipping on the medicine. We pay for the needle disposal. We administer the medication. We will have weekly check-ins like many other weight loss clinics where we can administer the medication, dispose of the needles, and monitor for any problems. We will open our clinic at 6:45am to accommodate people's schedules and you should be in and out in a few minutes. There are no consultation fees, lab fees, surprise fees, or membership dues.

How will this work?

You will make an appointment for a consultation with one of our providers to discuss weight loss/diabetes options. We will give you your 1st injection at that visit. You will come back to the clinic weekly for an injection. After 4 injections, you will meet with your provider again to discuss how things are going and whether or not we should increase to the next dose. You will come back for weekly injections and then again meet with your provider in 4 weeks to discuss how things are going and decide if we should continue to increase the dose. We realize this is inconvenient to come here so much, but is important to medically manage you the right way and we can keep the costs down.

What does it cost?

Visits with your provider will be billed through your insurance. If insurance does not cover the bill fully, you will be billed for the balance (much like if you are seen for knee pain, your insurance may cover most of the bill but you would still pay the remainder, such as copays, deductible, co-insurance, etc.). We will bill your insurance an injection administration fee (just like we do for a cortisone shot, flu shot, antibiotic shot, etc.). Then upon discharge you will pay for the cost of the medication at the front desk, which varies depending on the medication and dose. If you don't have insurance, you will be asked to pay \$200 for the provider visits, \$20 for the injection fee, and the cost of the medication. Here is the medication cost as of now, but may be subject to slightly change depending on our pharmacy costs, etc.

Medication (cost per shot):

Semaglutide		Tirzepatide	
0.25 mg	\$35	2.5 mg	\$60
0.5 mg	\$45	5.0 mg	\$70
1 mg	\$55	7.5 mg	\$80
1.5 mg	\$65	10 mg	\$90
2.0 mg	\$75	12.5 mg	\$100
2.5 mg	\$85	15 mg	\$110