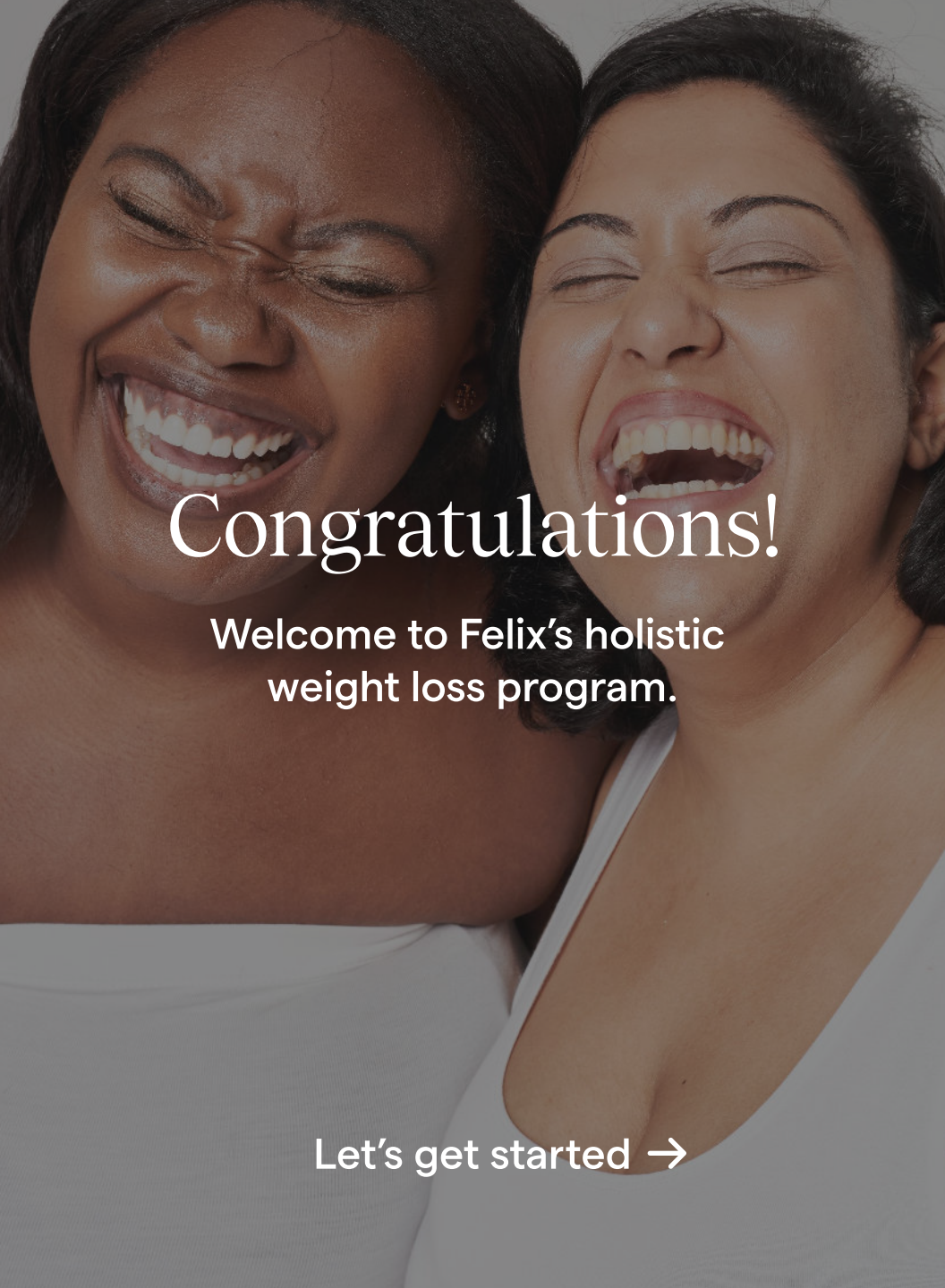


felix

Your treatment guide

A close-up photograph of two women, one Black and one white, laughing heartily. They are both wearing white tank tops. The image is overlaid with a semi-transparent dark grey filter, through which the text is visible.

Congratulations!

Welcome to Felix's holistic
weight loss program.

Let's get started →

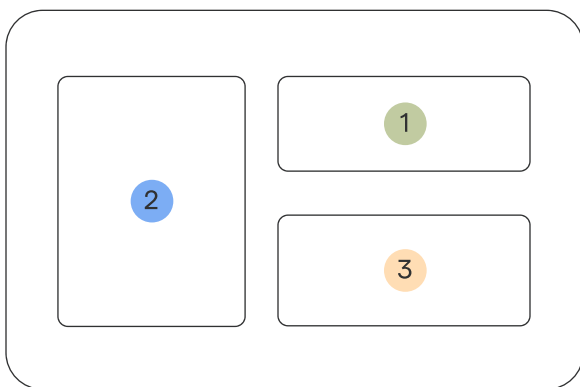
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[Click here for exclusive
access to our online
Sustainable Weight
Management Course](#)

What's in the box

- 1 Your Ozempic® pen
- 2 Sharps container: for proper disposal of used pen needles
- 3 Additional pen needles: to be used as directed by your healthcare practitioner



In addition to this guide, please carefully read the Medication Guide and Instructions for Use within the Ozempic® box.

Ozempic[®] and weight management

Ozempic[®] is one of the brand names for the medication semaglutide. Ozempic[®] is an injectable drug used to treat type 2 diabetes, while its counterpart Wegovy[®] is used for long-term weight management. Both use the same semaglutide compound.

How it works

Semaglutide is what's known as a glucagon-like peptide-1 (GLP-1) receptor agonist. All those scientific words mean it mimics the hormones we already have that control our insulin and glucagon levels.

When you take this medication, it helps decrease your appetite, slows down the emptying of your stomach, and decreases the intensity of your cravings. As a result, many people feel full faster, eat less at meals, and feel full longer.

By decreasing the intensity of your cravings, it helps with your food choices and eating behaviours. These are the main ways that semaglutide helps you to tackle the biology of weight management.

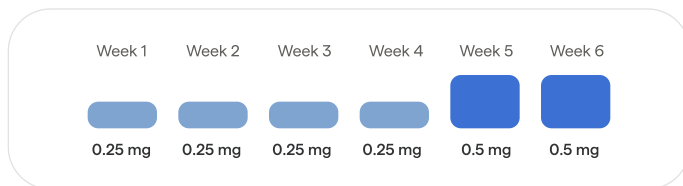
How do I start taking Ozempic[®]?

The starting dose of Ozempic is 0.25 mg per week. The dose may gradually increase, depending on your body's response and side effects.

Your healthcare practitioner's aim is to find a steady state dose for you — the lowest effective dose, up to a maximum of 2.0mg.

With the Felix program, you stay at each dose for at least 4 weeks and increase your dose only if needed. It's important that you do not increase your dose at a faster rate than what is outlined in your medication dosing schedule and treatment guide, or what your practitioner has advised. This is because the medication was designed to be increased at a specific rate for your safety and in order to minimize side effects. This allows your body time to adjust to the medication.

You will continue to gradually increase your dosage (if needed) every 4 weeks to a steady state dose. Learn more about what to consider when increasing your Ozempic dose on pg. 14.



Do not alter your dose unless this has been outlined in your medication dosing schedule and treatment guide, or instructed by your healthcare practitioner. If you are experiencing severe or unexpected side effects please seek in person care with your primary healthcare practitioner, walk-in clinic or emergency department.

Renewing your prescription

Your first prescription is written for 13 weeks. You will renew your prescription with your healthcare practitioner after completing a virtual checkup and submitting your labs.

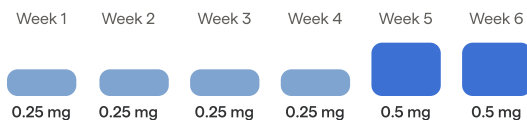
Approximately 10 to 13 weeks after your initial treatment approval, you'll receive an email inviting you to a virtual checkup for your upcoming prescription.

Your first 3 months

Your Felix practitioner will provide a 13 week prescription. Your first Ozempic® pen will include more than a month's supply of medication, and it will accommodate any potential dose increase after the first 4 weeks.

Your first pen lasts 6 weeks

Start at 0.25 mg, dose up to 0.5 mg



Your second pen lasts 3 weeks

Start at 0.5 mg, dose up to 1 mg



Your third pen lasts 4 weeks

Stay on 1 mg

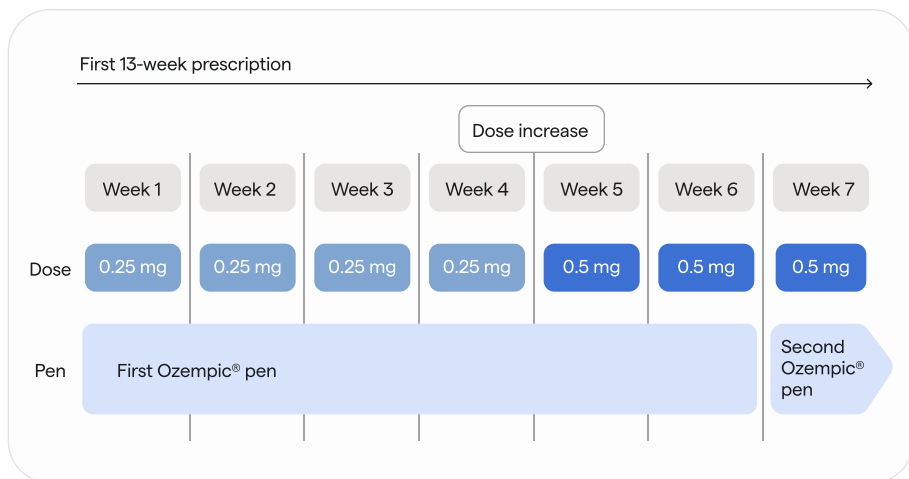


Your first Ozempic[®] pen

Your first pen contains 2 mg, so if you are at 0.25 mg to start it would provide 4 injections at 0.25 mg for the first 4-week prescription. In these first 4 weeks you would have used 1 mg (0.25 mg x 4 weeks) so there would still be 1 mg left over.

You will be able to use the 1 mg remaining in your first Ozempic[®] pen to complete any dose changes after week 4, if needed.

For example: if your dose is increased to 0.5 mg after week 4, you still have 2 more weeks worth of medication in your pen.



Navigating the first 6 weeks

Week 1

Your 1st dose

You are probably injecting for the first time. Check out page 11 on how to use the pen.

Week 2

Your 2nd dose

Let's do this again! If you experience side effects that are more than mild, talk to your Felix healthcare practitioner.

Week 3

Your 3rd dose

One more time: Remember, you can reach out to your healthcare practitioner with questions at any time.

Week 4

Your 4th dose

One last time: Your dose will remain at 0.25mg this week — do not increase your dose until week 5.

Week 5

Your 5th dose

Dose changes: You can increase your dose to 0.5mg, if needed. Check out page 14 to learn about what you should consider when increasing your dose. Ensure you are still using your first pen at your higher dose.

Week 6

Your 6th dose

Finishing your first pen: Your next pen should be on its way to you. Keep using your first pen at the dose directed by your healthcare practitioner. You will still have a few more weeks using this pen if your dose remains at 0.25mg.

How do I use my pre-filled Ozempic[®] pen?

Please refer to the full instructions for use in the Patient Information Leaflet.



Step 1 / Attach a new pen needle

- Check the name and coloured label of your pen to ensure you are taking the correct dose.
- Make sure your pen contains clear and colourless Ozempic[®].
- Screw on a new pen needle and pull off both needle caps.



Step 2 / Check the flow

- With each new pen, turn the dose selector to select the flow check symbol. Press and hold in the dose button.
- Repeat until a drop appears.



Step 3 / Select your dose

- Turn the dose selector until the dose counter shows your dose (0.25 mg or 0.5 mg).
- If you are using the 1 mg pre-filled pen (green-label), turn the dose selector until the dose counter stops at 1 mg.

Count slowly
1-2-3-4-5-6



Step 04 / Inject your dose

- Always use the dose counter and the dose pointer to see how many mg you have selected before injecting this medicine.
- Only doses of 0.25 mg or 0.5 mg must be selected with the dose selector.
- Insert the needle provided with the Ozempic pen box. Press and hold down the dose button.
- After the dose counter reaches 0, slowly count to 6.



Step 05 / Remove the needle

- Carefully remove and dispose of the pen needle with the sharps container provided.
- Put the pen cap back on.

[Click here to see a video of how to use your Ozempic[®] pen](#)

Dose changes: What's the goal?

As with any medication, finding the right ongoing dose of Ozempic® is a crucial part of the treatment process and can vary from person to person.

The goal of dose increases isn't to reach the maximum dose available, but to find the lowest possible dose that still provides effective results. This means that the dose that's right for you might not be the dose that's right for someone else.

Increasing your dose: Factors to consider

The titration schedule included in your treatment guide is there to guide your dose increases but remember — this isn't a one-size-fits-all journey. There are three factors that are important to consider before moving up to the next dose on your schedule:

Appetite and hunger levels

When the medication is working effectively, there should be a noticeable change in your appetite while taking Ozempic®. If you haven't noticed a change and are still struggling to manage your cravings and appetite, you may need to move to the next dose.

Weight loss

When the medication is working effectively, you should notice gradual weight loss. This should not be more than 1-2 pounds per week since this is what is considered a safe and healthy rate. If you have not seen any weight loss after 4 weeks of using the medication, you may want to discuss your treatment with your healthcare practitioner.

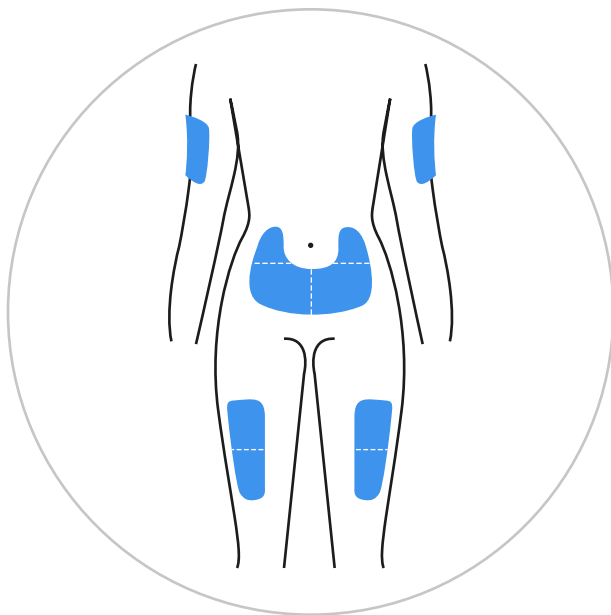
Side effects

This is the most important factor to consider. You might experience side effects as your body adjusts to the medication, but they should improve after a few weeks. Check out pg. 18 to learn more about side effects. If you're still experiencing side effects beyond a month, you should not increase your dose and reach out to your healthcare practitioner for support. If your side effects are severe, you should seek immediate in-person care.

Where do I administer Ozempic®?

The best places on your body to inject Ozempic® are the front of your thighs, the front of your waist (abdomen), or your upper arms.

If you are having issues injecting in these areas, please reach out to your healthcare practitioner/pharmacist.



How often do I take Ozempic[®]?

You should take Ozempic[®] once a week, at the same time, on the same day of the week. You do not need to take it with meals.

Additional pen needles

Your package contains more pen needles than you may need to use. Extra pen needles are provided only in the case that your healthcare practitioner directs you to use them.

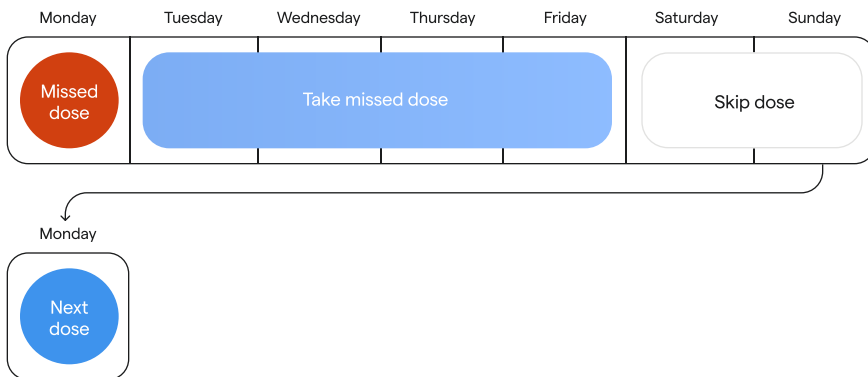
It's essential to take your medication exactly as instructed by your healthcare practitioner, even if it means using fewer needles than have been provided.

What do I do if I miss my Ozempic[®] dose?

If it has been 5 days or less since your missed dose, take Ozempic[®] as soon as you remember. Take your next dose on your regularly scheduled day.

If it has been more than 5 days since your missed dose, skip that dose and take your next Ozempic[®] dose as usual on your scheduled day.

Important note: Do not take an extra dose or increase the dose to make up for a missed dose.



Possible side effects

Like all medication, Ozempic® may cause side effects, although not everybody gets them.

The most common side effects (affecting more than 1 in 10 people) are nausea, vomiting, constipation, diarrhea, or acid reflux. These typically resolve within a couple of weeks. If side effects are severe or you have other symptoms (including but not limited to fever and/or abdominal pain), **please seek immediate in-person care**. If you are experiencing side effects that are more than mild, please speak with your healthcare practitioner.

Low blood sugar (hypoglycemia) could be a side effect when Ozempic® is used with a sulfonylurea or insulin.

The warning signs of low blood sugar may come on suddenly. They can include: cold sweat, cool pale skin, headache, fast heartbeat, feeling sick (nausea) or very hungry, changes in vision, feeling sleepy or weak, feeling nervous, anxious or confused, difficulty concentrating, or shaking.

If you are using a sulfonylurea or insulin, please discuss this with your healthcare practitioner to better understand what to do if you notice these warning signs.

For the full list of possible side effects, please see the Medication Guide and Instructions for Use within the Ozempic® box.

Tips for managing side effects

The most common side effects of Ozempic® are gastrointestinal (nausea, vomiting, constipation, and acid reflux). There are a few things you can try that may help manage them, such as:

- Eating smaller, more frequent meals
- Eating slowly
- Drinking plenty of water (staying hydrated)
- Avoiding fatty foods
- Avoiding eating in the evening/night
- Increase amount of fibre in your food

If these side effects are intolerable, reach out to your prescribing healthcare practitioner to discuss side effect management.

Shipping and stability

Since we process the medication at room temperature, it should be stored between 2 to 30°C to maintain stability. Although not mandatory, storing your medication in a refrigerator may assist in maintaining the desired temperature range (2 to 30°C) if you cannot achieve this otherwise. The pen you are using can be kept up at room temperature for up to 56 days.

Your Ozempic® pen has a window where you can see the medication liquid inside. If the liquid is clear and colourless (like water), your medication is stable and ready to be used.

If you notice anything floating in your medication or if the liquid is a different colour than clear (e.g. if it looks more like lemonade than water) don't take your medication and contact a Felix pharmacist right away.

Disposal

Dispose of the Ozempic pen by the date on the neon green pharmacy label. Reference the disposal date on the neon green pharmacy label, even if it differs from the expiration date on the Ozempic pen box.

Since we process and ship the medication at room temperature, it will be stable for up to 56 days. Use within this 56-day timeframe to ensure safety and maximum effectiveness.

Never share an Ozempic® pen with another person, even if the needle is changed. Doing so carries a risk for transmission of blood-borne pathogens.

Do's and don'ts for safe sharps disposal

The pen needles you use for your weekly doses are considered **medical sharps** and should be disposed of properly along with your unwanted/unused medication.

- ✗ Don't flush them.
- ✗ Don't put them down the sink.
- ✗ Don't throw them in the garbage. Taking any of these actions can put your family, pets, your community, and the environment at risk.
- ✓ Do take your full sharps container to a location that participates in HPSA's free take-back programs. By doing this, you ensure the proper collection and disposal of these items.

How to return medical sharps

You may only need to dispose of your medical sharps once per year on average.

- 1 Use the medical sharps container provided to keep all pen needles in a safe and secure place.
- 2 After use, place your pen needles in the provided container, ensuring the stack of sharps stay below the lid closure line.
- 3 Follow the instructions on the container to permanently close the lid and return it to a participating HSPA location.

[Click here to find a participating HSPA locations near you](#)



Notes

Finding your WhyPower

WhyPower is your compelling personal and emotional reason for wanting to manage your weight. Identifying your WhyPower will be the driving force that propels you to sustainable, long-term weight management and a healthy lifestyle that feels great.

In this 5-whys exercise, you'll get into the true "why" behind your desire to lose weight. Don't overthink it — write down whatever comes to mind. Dive deeper and keep asking "why" until you get to your one compelling reason.

By the time you've gotten to the fifth "why", you should have a pretty good idea of some of your core priorities, values and motivators.

[Click here for Module 2 of our Sustainable Weight Management Course](#)

Why do you want to manage your weight?

Why?

Ok, why?

But why?

Ok, why?

Ok, but why?

[illegible]