

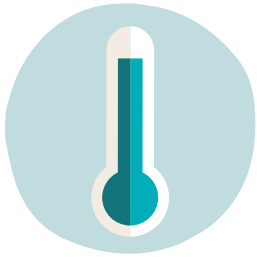
Tips for Taking GLP-1 Medication



Follow dosing and administration instructions exactly as prescribed.



Learn proper administration techniques from a healthcare professional, if using injections.



Store the medication according to the instructions on the package insert, such as keeping it refrigerated or at room temperature.



Practice healthy habits, like getting quality sleep, eating a balanced diet, and exercising regularly.



Stay in communication with a doctor and stick to a regular follow-up schedule.



Maintain a symptom journal to track any possible medication side effects or reactions.