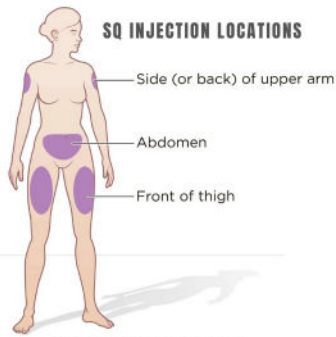




CLEAR MEDICATION, ORANGE CAP



SQ INJECTION LOCATIONS

SYRINGE AT 90° TO SKIN



***Telehealth appointments will be scheduled weekly with self administration. Email confirmations will be sent for these appointments. A nurse will text you on your shot day. Please respond with shot location, any side effects and current weight.**

HOW TO Give a Sub-Q Injection (SEMAGLUTIDE/TIRZEPATIDE)

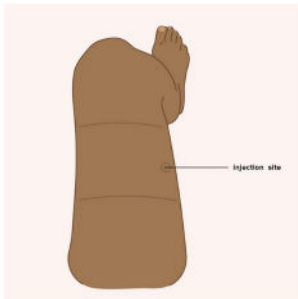
1. Wash your hands thoroughly!
2. Select injection location and clean thoroughly with alcohol wipe. Allow to dry.
3. Take a big pinch of skin between your thumb and index finger and hold it. (Your thumb and forefinger should be about an inch and a half apart.) This pulls the fatty tissue away from the muscle and makes the injection easier.
4. Inject the needle into the pinched skin at a 90-degree angle. You should do this quickly, but without great force.
5. Slowly push the plunger to inject the medication. You should inject the entire amount of medication.
6. Let go of the pinched skin and withdraw the needle. Discard the used needle in a puncture-resistant sharps container.

QUESTIONS? CALL/TEXT CHEEKY AT (907)252-3198

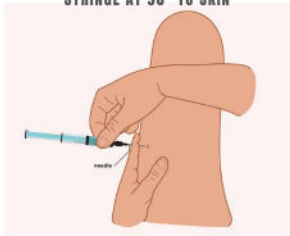


RED MEDICATION, CLEAR CAP

IM INJECTION LOCATION: VASTUS LATERALIS (THIGH MUSCLE)



SYRINGE AT 90° TO SKIN



HOW TO Give an IM Injection (LIPO-MINO VITAMIN SHOT)

1. Wash your hands thoroughly!
2. Select injection location and clean thoroughly with alcohol wipe. Allow to dry.
3. You should be in a position that is comfortable, provides easy access to the location, and keeps the muscles relaxed.
4. To isolate the muscle and target where you'll place the injection, spread the skin at the injection site between two fingers.
5. Hold the needle like a dart and insert it into the muscle at a 90-degree angle. You should insert the needle in a quick but controlled manner.
6. Slowly push the plunger to inject the medication. You should inject the entire amount of medication.
7. Quickly withdraw the needle and discard the used needle in a puncture-resistant sharps container.
8. It's normal to see slight bleeding- apply pressure and a bandaid as needed.