

A close-up, high-angle shot of a woman with long, wavy blonde hair. She is smiling broadly, showing her teeth, and her eyes are closed in a joyful expression. The lighting is soft and natural, highlighting the texture of her hair and the warmth of her smile. The background is blurred, suggesting an outdoor setting.

FROM YOUR NIMBUS CARE TEAM

# Your WeightWise Getting Started Guide

Your supportive guide for opening your package, preparing for your first dose, and building your weekly rhythm with confidence.

**You're in. You've got this.**

# What to do when your medication arrives at your doorstep

You do not need to figure everything out at once. Start with these three simple steps.

1

## OPEN, THEN REFRIGERATE

Bring your package inside, find your medication vial, and place it in the refrigerator.

2

## WATCH THE WALKTHROUGH

Scan the QR in this guide before your first dose so the setup feels familiar, not stressful.

3

## PICK YOUR DOSE MOMENT

Choose a weekly day and time you can usually repeat. Add a reminder now so future-you does not have to remember.

### NIMBUS TIP

Save this guide. Most members come back to it during their first month — if something feels confusing later, there's a good chance the answer is here.

If your package, vial, label, or supplies look different from what you expected, pause and contact Nimbus before dosing.

# Your 60-second checklist

Use this when you want to feel prepared before your medication arrives.

- 1 Set your weekly shot day**  
Pick a day you can usually repeat. Add a calendar reminder now so future-you does not have to remember.
- 2 Make fridge space**  
Your medication should be refrigerated when it arrives. Choose a safe spot away from children and pets.
- 3 Prep your first-dose station**  
A clean surface, good lighting, your vial, syringe, alcohol swabs, and a sharps container or safe disposal plan.
- 4 Keep water close**  
Hydration helps with common early side effects like nausea and constipation.
- 5 Start simple with food**  
Protein first. Smaller portions. Gentle fiber. You do not need a brand-new personality to start.

**NIMBUS TIP**

Screenshot this page. The first week feels easier when the basics are already decided.

# Open, refrigerate, breathe.

When your package arrives, open it as soon as you can and locate your medication vial.

## WHAT TO DO FIRST

- Open your package.
- Find your medication vial.
- Place the vial in the refrigerator.
- Keep it away from children and pets.
- Review your prescription label before your first dose.

## STORAGE BASICS

- Refrigerate when it arrives.
- Do not freeze it.
- Keep it in a safe, consistent place.
- Return it to the fridge after each dose.
- If anything looks unusual, contact Nimbus before using it.

## IF THE VIAL LOOKS LESS FULL THAN EXPECTED

Vials are often larger than the amount of liquid inside them. That does not automatically mean anything is missing. Your label reflects the amount dispensed. If the vial is leaking, cloudy, discolored, damaged, or concerning, contact Nimbus before using it.

Packaging may change as we test fulfillment improvements, so this guide focuses on the evergreen steps: open, refrigerate, review your label, and ask if anything looks off.

# We'll walk you through it.

Before your first dose, scan the code to watch the first-dose walkthrough — every step, from opening the box to what comes after.



## What the video covers

- What comes in your package
- How to store your medication
- How to prepare your dose station
- How to follow your prescription label
- What to do after your dose
- What not to panic about

[nimbushealthcare.com/gettingstarted](https://nimbushealthcare.com/gettingstarted)

Prefer to read? It's all in this guide. Prefer to watch? Scan the code.

Either way, we're right here with you.

# A simple step-by-step rhythm

Your first injection can feel like a big moment. Keep it simple and follow your prescription label exactly.

## STEP 1

### WASH YOUR HANDS

Use soap and water. Dry your hands before handling supplies.

## STEP 2

### READ YOUR LABEL

Your prescription label is the source of truth. Confirm your medication, dose, and timing before you prepare the syringe.

## STEP 3

### CLEAN THE VIAL TOP

Use an alcohol swab and let it dry.

## STEP 4

### MATCH THE SYRINGE

Use a new syringe/needle. Draw up only the amount on your label, using the syringe markings your care team instructed.

## STEP 5

### CHOOSE YOUR SITE

Common injection areas include the abdomen, thigh, or upper arm. Rotate sites as directed.

## STEP 6

### INJECT AS INSTRUCTED

Your medication is taken as a subcutaneous injection. Take your time.

## STEP 7

### DISPOSE SAFELY

Use a sharps container or an FDA-acceptable rigid household container, such as a laundry detergent bottle.

## STEP 8

### RETURN VIAL TO FRIDGE

Place the vial back in the refrigerator after use.

## HOW TO READ YOUR SYRINGE AND FOLLOW YOUR LABEL

Your prescription label tells you what to take. Your syringe helps you measure it. Some labels may reference units, mL, or mg because tiny liquid doses can be described in different ways. Do not convert or guess on your own. If the label, syringe markings, or video ever seem to disagree, pause and message Nimbus before injecting.

If the dose is hard to read, take your time, check the marking at eye level, and contact Nimbus if you are not confident before dosing.

# Your body is adjusting

GLP-1 treatment can change how your body signals hunger, fullness, and cravings. Some people notice changes quickly. Others notice more subtle shifts.

## YOU MAY NOTICE

- Feeling full sooner
- Less food noise
- Smaller portions feeling more satisfying

## NORMAL VARIATION

- Appetite changes vary
- Weight loss is not linear
- Some weeks hold steady

## EARLY SYMPTOMS

- Mild nausea
- Constipation
- More sensitivity after dose changes

## CONTACT RIGHT AWAY IF

- You feel dehydrated
- You cannot keep water or solids down
- You have severe or persistent nausea, vomiting, diarrhea, or abdominal pain that worries you
- Your vial is leaking, cloudy, discolored, frozen, damaged, or unusual
- You are unsure whether to take your next dose

## Your first few weeks are about rhythm, not perfection.

The goal is to build a weekly routine you can repeat: your dose, hydration, protein-first meals, gentle movement, and asking early when something feels off.

# Simple habits for your first weeks

You do not need a perfect diet. You need a few steady habits.

## **PROTEIN FIRST**

Start meals with chicken, fish, turkey, eggs, Greek yogurt, tofu, beans, or lean beef. Protein helps protect muscle while you lose weight.

## **WATER CLOSE**

Aim for steady hydration throughout the day. Dehydration can make nausea and constipation worse.

## **GENTLE FIBER**

Add fiber gradually: cooked vegetables, berries, oats, beans, lentils, or salad greens. Too much too fast can feel rough.

## **CALM PORTIONS**

Plate small. Eat slowly. Let fullness arrive. If you are eating out, box half early.

## **ROUGH-DAY FOODS**

Try toast, crackers, oatmeal, broth-based soup, scrambled eggs, bananas, applesauce, ginger tea, or peppermint tea.

## **MOVE GENTLY**

Walking, light strength training, stretching, stairs, and daily movement all count. Repeatable beats intense.

## **OUR POINT OF VIEW**

Medication starts the signal. Food makes it sustainable. Movement protects the progress. Support helps you keep going.

# Your monthly snapshot

A simple view of what happens every day, every week, and every month.

## DAILY

### Pay attention

- Notice hunger, fullness, energy, and cravings.
- Protein first.
- Water close.
- Move gently — a walk counts.

## WEEKLY

### Take your shot

- Take your dose — same day each week.
- Return the vial to the fridge.
- That's it. Shot day is one moment, not a whole event.

## MONTHLY

### Get your refill

- Complete your refill check-in when prompted.
- Your care team reviews your progress.
- Timely check-ins help keep treatment on track.

## TRACKING, YOUR WAY

Track progress in the way that works best for you. Some members use the scale. Others notice energy, appetite, clothing fit, or feeling more in control around food. All of it counts.

## NIMBUS TIP

Screenshot this page. When the week gets loud, the rhythm stays simple.

# Don't panic. Most things are fixable.

A few common worries come up during the first month. Most are manageable — the key is to pause, follow the label, and ask early instead of guessing.

| Follow the rule for your medication — it's on your prescription label.

## MYTH

### **"If my medication was left out of the fridge, it's ruined."**

**Reality:** Place it back in the refrigerator as soon as possible and contact your Nimbus care team. If it was frozen, leaking, cloudy, discolored, or looks unusual, do not use it until we review it.

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## MYTH

### **"I took my shot late. I ruined my progress."**

**Reality:** You did not ruin your progress. Follow the timing rule for your medication: **Semaglutide:** if your next dose is more than 48 hours away, take the missed dose; if it is less than 48 hours away, skip it. **Tirzepatide:** take the missed dose within 4 days; if more than 4 days have passed, skip it. Then return to your regular weekly schedule.

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## MYTH

### **"I should take my shot early if my schedule is changing."**

**Reality:** Only change your dose day if enough time has passed between injections: at least 48 hours for semaglutide and at least 72 hours for tirzepatide. If you are unsure, contact your Nimbus care team before changing your timing.

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## MYTH

### **"If I missed a week, I should double my next dose."**

**Reality:** Never double your dose of semaglutide or tirzepatide. If you miss 2 or more consecutive doses, or you are unsure what to do, contact your Nimbus physician or care team.

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## MYTH

### **"Nausea means something is wrong."**

**Reality:** Mild nausea can happen. Smaller meals, protein first, more whole or minimally processed foods, less fluid during meals, and hydration between meals may help. Contact Nimbus or your personal physician immediately for severe or persistent nausea, vomiting, diarrhea, dehydration, trouble keeping water or solids down, or abdominal pain that worries you.

# You do not need perfection overnight

**MYTH**

**"I need a perfect diet for GLP-1s to work."**

**Reality:** No. Progress beats perfection. Start with protein first, keep water close, add gentle fiber, and build habits you can repeat.

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**MYTH**

**"I can't eat carbs anymore."**

**Reality:** You do not have to eliminate entire food groups. Choose calmer portions, pair carbs with protein, and notice what helps you feel good.

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**MYTH**

**"I have to exercise intensely to see results."**

**Reality:** You do not need to punish yourself. Walking, light strength training, stretching, and daily movement all count.

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**MYTH**

**"I can't drink alcohol on GLP-1s."**

**Reality:** Not necessarily. If your clinician has not told you otherwise, start small, drink slowly, pair it with food, skip sugary or carbonated mixers, keep water close, and notice how your body responds.

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**MYTH**

**"Taking a GLP-1 is cheating."**

**Reality:** No. This is healthcare. Weight is influenced by biology, hormones, genetics, environment, lifestyle, and medical history. Getting support is not cheating — it is taking care of yourself.

**The move:** Small, steady rhythms beat all-or-nothing — every time.

# Don't forget your monthly refill check-in

For WeightWise members, the monthly cadence is simple: complete your refill check-in when prompted to unlock your next shipment. Your care team reviews your progress before each refill — so timely check-ins keep your treatment on track.

Note: we cannot ship your next month's supply until your check-in is complete.

## YOUR REFILL RHYTHM

- Watch for your refill reminder.
- Complete your check-in when prompted.
- Confirm next steps when you are ready to continue.
- Your clinician reviews before the next shipment.
- Timely check-ins help prevent refill delays.

## YOUR CHECK-IN MATTERS

- Share how you are feeling honestly.
- Note appetite, nausea, constipation, hydration, and dose questions.
- Ask early if something feels confusing.
- Your care team uses check-ins to help keep treatment safe and on track.

## YOUR MEMBER PORTAL — BOOKMARK IT

Visit [NimbusHealthcare.com](https://nimbushealthcare.com). On the homepage, click Member Login in the navigation bar. Sign in with Google or Apple — no password to remember.

Inside your portal: refill form · message your care team · message your clinician · plan details · order status. *Everything you need, in one place.*

# How do I know it's working?

Almost everyone asks this in the first few weeks. The answer is usually quieter than people expect.

Less food noise

Feeling full sooner

Smaller portions feeling like enough

More control around cravings

Sleep or energy starting to feel different

More control in restaurants or social situations

*Something you may notice:* Cravings for sugar, alcohol, or highly processed foods may feel quieter. The research on GLP-1s and reward-driven cravings is growing, but everyone's experience is different — so treat this as something to notice, not something you have to feel.

## THE QUIET SIGNS COUNT

Not everyone feels a dramatic switch — and a dramatic switch isn't the goal. Progress often shows up as calm, not fireworks.

Everyone's pace is different — your check-ins help your care team personalize yours.

# We would rather you ask early

No question is too small if it helps you feel safer and more confident.

## FASTEST WAY TO GET HELP

The fastest way to get help is through your Member Portal. Visit [NimbusHealthcare.com](https://nimbushealthcare.com). On the homepage, click Member Login in the navigation bar, then open Messages. Use Google or Apple login — no password to remember. You can message both your Nimbus support team and your assigned clinician directly.

Can't access your portal? Email [support@nimbushealthcare.com](mailto:support@nimbushealthcare.com).

### CONTACT NIMBUS FOR

- Medication questions
- Dose questions
- Side effects
- Refill timing
- Delivery issues
- Billing or account questions
- Portal access

### CONTACT RIGHT AWAY IF

- You feel dehydrated
- You cannot keep water or solids down
- You have severe or persistent nausea, vomiting, diarrhea, or abdominal pain that worries you
- Your vial is leaking, cloudy, discolored, frozen, damaged, or unusual
- You are unsure whether to take your next dose

Use this page anytime you are unsure whether to wait or reach out. If it feels urgent or concerning, reach out now.

# You've got this.

You do not need to do everything perfectly. Start with the basics: refrigerate your medication, choose your weekly rhythm, keep water close, eat protein first, move gently, and ask early when you need help.

## Small steady steps beat all-or-nothing every time.

Find your groove — we'll be right here with you.

**THIS GUIDE IS HERE TO HELP, NOT TO DIAGNOSE.**

It offers general education and is not a substitute for personalized medical advice. Always follow the guidance of your Nimbus care team and prescriber.

For the latest version of this guide and the first-dose walkthrough, visit [nimbushealthcare.com/gettingstarted](https://nimbushealthcare.com/gettingstarted).