# Vitelize

## Tirzepatide — Month 4 reference guide

### Your prescribed dose

Your actual dose, frequency and device setting are confirmed by your clinician during the virtual consultation, not by Vitelize. Use the dispensing pharmacy’s label. If any instruction differs, contact your clinician or pharmacist before using the medication.

### Before each use

Check that your name, medication, concentration and device match your prescription. Ask your pharmacist to demonstrate your specific device. Use the accompanying pen instructions only if they match the pen you were dispensed. Do not convert units to milligrams yourself.

### Follow-up and changes

A month number is not an instruction to increase your dose. Keep your planned clinical follow-up and tell your clinician about side effects, health changes and other medicines. Do not change the dose or schedule without their direction.

### Handling and help

Follow the pharmacy’s storage, handling and disposal instructions. Do not share your medication or device. For dose, side-effect or device questions, contact your clinician or pharmacist. For help reaching them, email info@vitelizehealth.com. For an emergency, call 911.