Your GLP-1 Assistant
by RxAdjacent Labs

FOR CLINICIANS AND PHARMACISTS

A calm weekly companion for people taking GLP-1 medicines.

Pharmacist-reviewed · Every claim cited · Data stays on device · English + Spanish

WHO IT'S FOR

Adults taking Wegovy, Zepbound, Mounjaro, Ozempic, Rybelsus, or Foundayo as prescribed.

WHAT PATIENTS DO

1. One-tap dose log with label-accurate timing notes.
2. Side-effect tips when they want them, plus protein and water taps.
3. Weight-based protein target with the evidence shown, and a summary to share.

WHAT YOU GET BACK

- Doses logged and days since each dose change
- Side-effect check-ins by week since dose change
- Optional weight and waist trends (patient-entered)

A one-page summary the patient chooses to share. Neutral data only: no diagnoses, doses, or medication changes.

WHY IT'S BUILT THIS WAY

Weight lost on GLP-1 medicines includes lean mass (STEP 1 DXA substudy), so the app supports protein and strength habits with cited, weight-based targets. It never gives dosing advice.

Clinics and pharmacies: free 90-day pilot with practice QR codes. rxadjacent.com/clinicians

✂ Give this card to your patient

Your GLP-1 Assistant

Your GLP-1, made easier.

Dose log, side-effect tips, protein and water. Pharmacist-reviewed. English and Spanish.

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