

Cadence HealthRx – Follow-Up Protocol for Obesity Treatment

A clean, modern, patient-friendly guide outlining how follow-up visits work during your weight-loss treatment journey with Cadence HealthRx.

Overview

Ongoing follow-up is essential for safe, effective, and sustainable weight management. This protocol outlines how often you will meet with your Cadence HealthRx provider and when visit frequency may increase.

Our approach follows evidence-aligned standards used in obesity medicine and is designed to support your progress, safety, and long-term success.



Follow-Up Schedule

Months 0–6: Monthly Visits

During the first six months, you will meet **every month**. These visits focus on:

- Medication titration and tolerance
 - Early weight-loss response
 - Side-effect monitoring
 - Nutrition, movement, and lifestyle support
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Months 6–12: Every 4–8 Weeks

As your dose stabilizes and your body adapts, visits occur **every 4–8 weeks**. These visits include:

- Dose adjustments as needed

- Monitoring progress and plateaus
 - Reviewing labs if indicated
 - Reinforcing sustainable habits
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After 12 Months: Every 3 Months (If Stable)

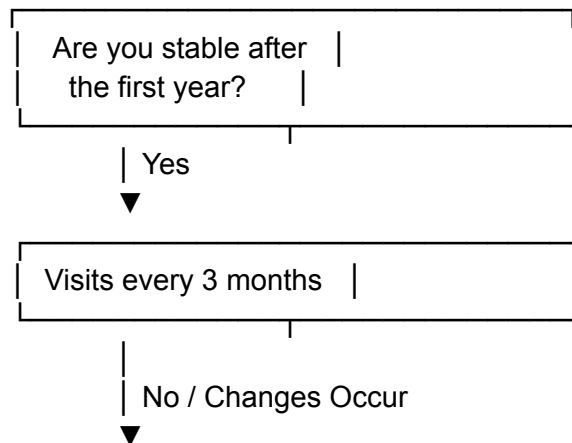
Once you reach the maintenance phase, you will meet **every 3 months** if your weight, medication response, and health markers are stable.

These visits include:

- Weight and waist measurements
 - Side-effect review
 - Medication adherence and adjustments
 - Lifestyle and behavioral support
 - Labs every 6–12 months or as needed
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Flowchart: When Visit Frequency Increases



Increase visit frequency to every 4–8 weeks if any of the following occur:

- Medication dose changes or titration
- Side effects develop or worsen

- Weight plateau or regain
 - Difficulty with adherence
 - New or worsening medical conditions
 - Need for additional lifestyle or behavioral support
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Once stable again,
return to 3-month visits



Summary

- **Months 0–6:** Monthly visits
- **Months 6–12:** Every 4–8 weeks
- **After 12 months:** Every 3 months if stable
- **Increase frequency** if medication changes, side effects, plateaus, or new health concerns arise

This structured cadence ensures safe, effective, and sustainable progress throughout your weight-loss journey.

Cadence HealthRx

A modern, patient-centered approach to weight management focused on safety, sustainability, and long-term success.