



FREE RESOURCE

PRINE HEALTH PODCAST · EPISODE 2 · DR. MONA KENNEDY

The GLP-1 Readiness Guide

Am I a Candidate? What to Ask, What to Expect, and What Nobody Tells You Before You Start

GLP-1 medications like semaglutide (Ozempic, Wegovy) and tirzepatide (Mounjaro, Zepbound) have taken the weight loss world by storm — but between the hype, the headlines, and the social media noise, it can be hard to know what's real. This guide cuts through the confusion so you can walk into a conversation with your provider informed, prepared, and asking the right questions.

What Are GLP-1s, Really?

GLP-1 receptor agonists mimic a hormone your gut releases after eating. They slow digestion, reduce appetite, and help regulate blood sugar — making your body feel satisfied with less food. They are not diet pills. They are metabolic medications.

Who Is Typically a Good Candidate?

BMI of 30+, or 27+ with a weight-related condition like type 2 diabetes or high blood pressure. Patients who have tried lifestyle changes without sufficient results. Those without a history of medullary thyroid cancer or MEN2. People ready for ongoing medical supervision.

What the Social Media Version Leaves Out

Muscle loss is real without proper protein and strength training. Side effects — nausea, fatigue, GI changes — are common early on. Results plateau. Stopping without a plan often leads to regain. The medication is a tool, not the treatment.

What Realistic Results Look Like

Clinical trials show 10–20% body weight reduction over 12–18 months with consistent use and lifestyle support. Results vary based on dose, adherence, diet, and individual metabolic factors. Patients with regular provider check-ins do best.

A Note on Peptides — and Why the Difference Matters:

Not all peptides are equal. Tirzepatide (Mounjaro, Zepbound) is an FDA-approved peptide medication — rigorously tested, manufactured to pharmaceutical standards, and prescribed under medical supervision. That distinction matters more than most people realize.

What to watch out for. Compounded peptides, products sold through network marketing companies, and anything marketed online as 'peptide therapy' are largely unregulated — with inconsistent dosing, no FDA oversight, and unknown purity. The FDA has issued specific warnings about compounded semaglutide and tirzepatide.

The bottom line. If you're curious about GLP-1s or peptides, the safest path is a conversation with a qualified provider who can evaluate your full health picture and prescribe only what is FDA-approved, clinically appropriate, and right for you specifically.

Before You Book: What to Know and Ask



Who IS a Good Candidate

- BMI 30+ (or 27+ with a related condition)
- Tried lifestyle changes without enough results
- No history of thyroid cancer or MEN2 syndrome
- Ready for ongoing medical supervision
- Committed to lifestyle support alongside medication



Your Provider Needs to Know If...

- Personal/family history of medullary thyroid cancer
- History of pancreatitis
- Currently pregnant or planning to become pregnant
- Certain GI conditions — discuss with your provider
- Not yet tried structured lifestyle intervention



What to Expect in the First 90 Days

- Weeks 1–4: dose titration, possible nausea or fatigue
- Weeks 4–8: appetite reduction becomes more noticeable
- Months 2–3: early weight changes, energy may shift
- Regular check-ins to adjust dose and monitor labs
- Protein intake and strength training are non-negotiable



Questions to Ask Your Provider

- Am I a good candidate based on my full health history?
- Which specific medication makes sense for me and why?
- What labs should we run before and during treatment?
- What does stopping the medication look like long-term?
- How will we track progress beyond just the scale?



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Ready to find out if GLP-1s are right for you?

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