

GETTING STARTED · 4 MIN READ

What to Expect in Your First Month

Starting a GLP-1 plan is easier when you know what's coming. Here's an honest walkthrough of the first month -- the process, the early changes, and what's normal.

Before you start: qualifying

- 1 Take the 2-minute quiz**
Share your health history and goals. No credit card required to see if you qualify.
- 2 Provider review**
A licensed U.S. provider reviews your intake -- typically the same day -- and, if appropriate, writes your prescription.
- 3 Delivered to your door**
Your medication ships from a licensed 503A pharmacy, typically in 1–2 days, with dosing instructions included.

Weeks 1–4: what's normal

Providers almost always begin at a low starting dose. This is intentional -- it gives your body time to adapt and helps limit side effects. You may not feel dramatic changes in week one, and that's expected.

- ✓ Reduced appetite and earlier fullness -- often the first thing people notice
- ✓ Mild nausea or digestive changes, usually easing within days
- ✓ Less "food noise" -- thinking about food less often
- ✓ Gradual, steady changes -- not overnight results

Side effects? Message your care team.

Unlimited clinical messaging is included. If nausea or other effects are bothering you, your provider can slow your titration or adjust your dose -- you don't white-knuckle through it.

Setting realistic expectations

Sustainable weight loss is gradual. In clinical trials, results built over many months, not weeks. The first month is about establishing a tolerable dose and a routine you can keep -- the results compound from there.

What if I miss a dose?

Follow the instructions that ship with your medication and message your care team with any questions. Don't double up to "catch up."

When will I see results?

It varies. Many people notice reduced appetite within the first week or two; visible weight changes are gradual and build over months. Individual results vary.

Can I cancel if it's not for me?

Yes -- cancel anytime, no fees. Eligibility and continuation are always determined by your licensed provider.

See if you qualify -- avatacore.com

No card required · Licensed U.S. provider review · Plans from \$149 first month

[Take the 2-minute quiz →](#)

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