



VIVO
HEALTH SOLUTIONS

WELLNESS GUIDE FOR MEN & WOMEN

10 Things You Should Know

BEFORE STARTING

Hormone Therapy, Peptides or Functional Medicine

Real knowledge. A brighter tomorrow.

OPTIMIZE TODAY. BRIGHTER TOMORROWS.



YOUR WELLNESS GUIDE

Hormones, peptides & functional medicine

Your health deserves a fuller picture.

A clearer starting point for your health.

Hormone care, peptide therapy, and functional medicine begin with understanding you: your symptoms, your medical history, your stage of life, and your goals. This guide introduces ten conversations to have with a licensed medical clinician.

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This guide is for general education. Treatment and testing are individualized; not every therapy is appropriate for every person. Discuss your options with a licensed medical clinician.

The bigger picture

1

Your health is a system, not a single number

Hormones, thyroid function, glucose regulation, sleep, nutrition, medications, and other factors can all influence how you feel. Looking at one laboratory value in isolation can miss the larger picture. The starting point is context: your symptoms, your medical history, and what clinically appropriate testing shows together.

Treat the person, not just one laboratory number.

2

Your plan should be personalized

Two people with similar symptoms or lab results may need very different plans. Your goals, medical history, current medications, risk factors, and response to treatment all matter. Hormone therapy, peptides, and other treatments should be selected for your individual situation with licensed medical oversight.

The right plan is the one that fits you.

A personalized plan

3

Your stage of life changes the conversation

Age, reproductive health, fertility goals, menopause status when relevant, and long-term priorities can change which options are appropriate. Bring these topics into the conversation before treatment begins so your medical team can consider both your current needs and your future goals.

Build a plan for your life today and the years ahead.

4

Low energy and brain fog are not automatically just hormones

Fatigue, body-composition changes, poor recovery, and brain fog can overlap with issues involving sleep, thyroid function, iron status, glucose regulation, nutrition, stress, or medications. A broader evaluation helps the medical team understand what may actually be contributing instead of assuming a single cause.

Start with a fuller picture before choosing a treatment.

5

More is not automatically better

The goal is not the highest hormone level or the longest list of treatments. Hormone therapy requires precision and follow-up. Symptoms, medical history, side effects, and clinically relevant measurements help guide decisions about whether a treatment or dose is appropriate.

Precision matters more than chasing a number.

Therapy & metabolic health

6

Peptides are tools, not magic injections

Different peptides are used or investigated for different purposes, and the evidence is not the same for every compound. Legal status, sourcing, and risk profiles can also vary. Ask what a proposed therapy is intended to address, what evidence supports it, and whether it is medically appropriate for you.

Start with your goal, then discuss the right tool.

7

Sourcing and instructions matter

Know who prescribed your therapy, where it was dispensed or compounded, how it should be stored, what concentration you received, and who to contact with questions. Your care team should make the treatment and its instructions clear so you understand what you are taking and how to use it.

Know the medication, the pharmacy, and your medical team.

8

Progress is bigger than the number on the scale

Body weight alone cannot tell the whole story about muscle, body composition, metabolic health, energy, or how you feel and function. A broader medical view can help define meaningful progress using symptoms, goals, and clinically relevant measurements together.

Look beyond pounds when you talk about better health.

Labs & ongoing care

9

Your symptoms matter, and testing adds context

Your experience is an important part of the evaluation. Depending on your history and symptoms, a clinician may consider hormone, thyroid, metabolic, iron, or other clinically appropriate testing. Follow-up can help the medical team understand your response and decide whether the plan needs to change.

Ask which tests you need and how the results will guide care.

10

The best plan should evolve with you

What makes sense at the beginning may change over time. Sometimes the next step is adding a treatment, adjusting a dose, or removing something that is no longer needed. Nutrition, movement, sleep, and other parts of your health remain part of the conversation as your goals and needs change.

Build the simplest plan that helps you feel and function your best.



YOUR WELLNESS GUIDE

Hormones, peptides & functional medicine

Start with understanding.

The first step is seeing the bigger picture. A Vivo evaluation can help connect your symptoms, labs, stage of life, and goals with an individualized medical strategy.

BRING THESE QUESTIONS TO YOUR VISIT

- What could be contributing to my symptoms?
- Which tests are appropriate for my situation?
- What are the benefits, risks, and alternatives?
- How will we monitor progress and adjust my plan?
- Who should I contact with treatment questions?

Explore your next step with Vivo.

vivohealthsolutions.com

Educational information only; this guide does not provide a diagnosis or a treatment recommendation. Therapy selection and testing depend on an individual medical evaluation. Results vary.