

MICROCHANGE YOU WEIGHT LOSS CHALLENGE - FREQUENTLY ASKED QUESTIONS (FAQ)

1. What is the MicroChange You Weight Loss Challenge?

It's a competitive 3-month health and fitness program with \$100,000 in cash and prizes, targeting 5,000 participants. It focuses on improving body composition, and participants can start their 90-day challenge upon receiving their medication.

2. When does the Challenge officially start and end?

The official start date is March 1, 2024. However, participants can start their individual 90-day challenge upon receiving the medication, even before this date. The challenge concludes on May 31, 2024.

3. What are the participation fees?

Participants must pay \$399 for the first prescription to enter the challenge. The final deadline for all payments is March 1, 2024.

4. What does the Semaglutide Prescription Requirement entail?

Participants need to obtain three prescriptions for Semaglutide from MWLCOA LLC during the challenge. These are crucial for participating and remaining eligible for prizes.

5. What is the prescription timeline?

All three prescriptions must be obtained by the end of the challenge, May 31st, 2024.

6. What if I miss the payment deadline?

Missing the final payment deadline of March 1, 2024, results in ineligibility for the challenge and its prizes.

7. What data do I need to submit for the challenge?

Participants must submit initial FitTrack readings and a 'before' photo within 7 days of receiving the medication and scale, and final FitTrack readings and an 'after' photo at the end of the 90-day period.

8. What happens if I don't submit the required data on time?

Failure to submit the required data within the specified timeframes results in disqualification from prize eligibility.

9. Are there any specific rules regarding weight loss methods?

Yes, participants must not engage in body contouring procedures, stomach reduction treatments, plastic or reduction surgeries, and must avoid unapproved medications. Safe weight loss through healthy food and exercise is encouraged.

10. What prizes are available in the challenge?

Prizes are awarded in categories like Most Body Fat Lost, Greatest Visceral Fat Reduction, and Highest Muscle Mass Gain, with top three places in each category receiving a TV, a computer, or a gift card/cash equivalent.

11. How are winners determined?

Winners are chosen based on 'Most Improved Body Composition', evaluating criteria like weight lost, fat lost, visceral fat lost, and muscle mass gained.

12. What is the tiebreaker procedure?

Ties are resolved first by body fat percentage change, then visceral fat reduction, and additional considerations if needed.

13. What are the legal and ethical considerations of the challenge?

The challenge operates within legal standards and ethical conduct. Participants must release MWLCOA LLC from any claims arising from participation.

14. What should I know about health and safety in this challenge?

The challenge is not a substitute for professional medical advice. Participants should consult healthcare providers and acknowledge the inherent health risks in any weight loss program.

15. Can I use amphetamines for appetite control?

Amphetamines for appetite control are allowed only if prescribed by a MWLCOA team member.

16. Is my personal and health information kept confidential?

Yes, all personal health information is kept confidential and used in compliance with HIPAA regulations.

17. Can disqualified participants continue using the medication?

Yes, they may continue using the medication but are not eligible for rewards or prizes.

18. Will my participation and progress be used for promotional purposes?

By participating, you grant MWLCOA LLC the right to use your likeness for promotional purposes, but this is done within privacy policy agreements.

19. What if I have concerns about the use of my data or images?

Participants have the right to revoke consent for the use of their data or images, except where MWLCOA LLC has already relied on it.

20. How can I ensure my safety during the challenge?

Continuous monitoring of health and seeking prompt medical advice for any concerns is advised. Participants should confirm their participation with healthcare providers.

21. How do I enroll in the MicroChange You Weight Loss Challenge?

Enrollment begins by making your initial payment of \$399 for the first prescription. You can start this process as early as December 1st, 2023.

22. What does the Challenge entry fee cover?

The entry fee covers your first Semaglutide prescription, participation in the challenge, and access to the resources and support provided by MWLCOA LLC.

23. Can I participate if I live outside the United States?

Currently, the MicroChange You Weight Loss Challenge is available only to residents within the United States.

24. What happens if I start the challenge and then decide to quit?

If you choose to withdraw from the challenge, please note that the fees paid are non-refundable. You can, however, continue using the Semaglutide medication.

25. Are there age restrictions for the Challenge?

Yes, participants must be 18 years or older to enter the MicroChange You Weight Loss Challenge.

26. What if I experience side effects from the medication?

If you experience any side effects, consult your healthcare provider immediately. The challenge encourages responsible medication use under medical supervision.

27. How is the FitTrack smart scale used in the challenge?

The FitTrack smart scale is used to monitor your progress, including weight and body composition changes, which are critical for your submissions and evaluations.

28. Are the cash and prize awards taxable?

Yes, all cash and prize awards are subject to taxation according to federal and state laws. Winners are responsible for all tax implications.

29. Can I participate without using Semaglutide?

No, the use of Semaglutide is a fundamental requirement of the challenge, as it is integral to the program's structure and effectiveness.

30. How often do I need to check in or update my progress?

You are required to submit your initial data within 7 days of receiving the medication and scale, and your final data at the conclusion of your 90-day challenge.

31. What support can I expect from the medical director and MWLCOA staff?

Our medical director and staff provide expert guidance on the use of Semaglutide, general health advice related to the challenge, and support for any medical queries.

32. What is the role of the FitTrack representative?

The FitTrack representative offers insights on how to effectively use the smart scale and interpret its data to track your progress.

33. Can family members or friends join the challenge together?

Yes, we encourage group participation! Each member must individually enroll and adhere to the challenge's terms and conditions.

34. What if I have a pre-existing health condition?

If you have a pre-existing health condition, it's crucial to consult with your healthcare provider before participating in the challenge.

35. How do I prove my weight loss and body composition changes?

Your progress is documented through the FitTrack readings and photographic evidence submitted at the start and end of the 90-day period.

36. What technology do I need to participate in the Challenge?

You'll need internet access to join our Facebook community, submit data, and a compatible device to use with the FitTrack smart scale.

37. How is privacy maintained in the Facebook community?

The Facebook group is a closed community where privacy is respected. Only challenge participants have access, ensuring a secure environment for sharing and interaction.

38. Can I change my mind after receiving the medication?

While you can choose to stop participating, please note that the initial fee is non-refundable and you must still adhere to the terms of medication use.

39. What if I have technical issues with the FitTrack smart scale?

If you encounter technical difficulties, contact FitTrack's customer service for support. Ensure your device is compatible with the scale before starting the challenge.

40. How do I access the Facebook community?

Upon enrollment and confirmation of your participation, you will receive an invitation to join the exclusive Facebook group.

41. What if I miss the submission deadlines?

Missing submission deadlines leads to disqualification from the prize competition. We strongly advise adhering to all timelines.

42. Are there any dietary restrictions during the Challenge?

There are no specific dietary restrictions, but we encourage healthy, balanced eating. Consult a nutritionist for personalized advice.

43. How do I contact MWLCOA LLC for support?

For support, reach out via the contact information provided upon enrollment. We aim to respond promptly to all inquiries.

44. What happens in case of a medical emergency during the Challenge?

In a medical emergency, immediately seek professional medical help.
Participation in the challenge does not replace emergency medical care.

45. How will I know if I am a winner of any prize?

Winners will be notified via the contact information provided at enrollment.
Ensure your contact details are up-to-date.

46. Can I participate if I am pregnant or breastfeeding?

We advise against participating if you are pregnant or breastfeeding. Consult your healthcare provider for guidance.

47. How are the challenge results verified?

Results are verified through your FitTrack data and photographic submissions, with additional verification measures as needed.

48. Can I re-enter the challenge if I am disqualified?

Re-entry in the same challenge period is not allowed once disqualified. However, you may consider participating in future challenges.

49. Is there a limit to the number of participants in the Challenge?

The challenge targets 5,000 participants. Entry is on a first-come, first-served basis, subject to the closing date.

50. What should I do if I experience side effects from the medication?

Report any side effects to your healthcare provider immediately. Continuation of medication should be under medical advice.

51. How are the “Most Improved Body Composition” winners assessed?

Assessment is based on data and photographic evidence, evaluated by a panel of judges in a blinded review process to ensure fairness.

52. Is there a customer service line for general queries?

Yes, we provide a customer service contact for general inquiries. This information will be provided upon your enrollment in the challenge.

53. What kind of exercises are recommended during the Challenge?

We recommend a mix of cardio and strength training exercises. However, consult with a fitness professional to tailor a routine to your needs.

54. How do I report my progress during the challenge?

Progress must be reported through the MicroChange link provided, where you'll submit your FitTrack data and photos as per the submission schedule.

55. Can I join the challenge after the start date?

Joining after the official start date is permissible as long as it's before the final entry deadline and you can complete the full 90-day challenge period.

56. What if my FitTrack smart scale malfunctions?

If your scale malfunctions, contact FitTrack customer service immediately for assistance or a replacement, if covered under warranty.

57. Are there any restrictions on the type of exercise I can do?

No specific restrictions, but exercises should be safe, effective, and suitable for your fitness level. Consult a professional if unsure.

58. How is the \$100,000 prize pool distributed among winners?

The prize pool is divided among various categories and winners. Detailed distribution will be communicated at the start of the challenge.

59. Can international residents participate in the challenge?

Currently, the challenge is open to U.S. residents only due to prescription and shipping limitations.

60. What if I have dietary restrictions or allergies?

Participants with dietary restrictions or allergies should consult with a nutritionist or healthcare provider to tailor their diet accordingly.

61. How can I stay motivated throughout the challenge?

Stay engaged with the Facebook community, track your progress with the FitTrack scale, and remember your goals. Peer support and personal commitment are key.

62. What should I do if I feel unwell during the challenge?

If you feel unwell, seek medical attention immediately. Your health should always be your top priority.

63. Is there a support hotline for mental health concerns?

While we don't have a specific mental health hotline, we encourage seeking professional help if facing mental health challenges during the program.

64. Can I share my challenge experience on my personal social media?

Yes, you're encouraged to share your journey. However, ensure any shared content aligns with the privacy policy and terms of the challenge.

65. What are the guidelines for the 'before' and 'after' photos?

Photos should be clear, in good lighting, and show your full body to accurately reflect your physical transformation.

66. How do I ensure my data privacy in the Facebook group?

Share only what you're comfortable with and report any privacy concerns to the group administrators.

67. Can I participate more than once in the challenge?

Yes, previous participants are welcome to join future challenges unless they were disqualified for rule violations.

68. What happens at the end of the 90-day challenge?

At the end of 90 days, submit your final data. Winners will be announced after thorough evaluation.

69. Are there any follow-up programs after the challenge?

Information about any follow-up or maintenance programs will be provided towards the end of the challenge.

70. How do I handle negative comments or experiences in the Facebook group?

Report any negative interactions to the group administrators. We strive to maintain a supportive and positive environment.

71. How do I administer Semaglutide?

To administer semaglutide injections, follow these steps:

- a. Wash your hands thoroughly.
- b. Prepare the injection as instructed.
- c. Choose an injection site (abdomen, thigh, upper arm) and clean it.
- d. Pinch a fold of skin, inject at a 90-degree angle, and press the button.
- e. Release the skin fold and withdraw the needle.
- f. Dispose of the needle safely. Always consult a healthcare professional for personalized guidance.

72. How much weight will I lose?

Non-diabetic participants in trials using GLP-1 medications along with diet and exercise lost up to 15% of their body weight over 56 to 68 weeks, compared to 2.4% to 3.5% in those who only followed diet and exercise.

73. What are the important safety information and side effects of Semaglutide?

Do not use semaglutide if you have certain medical conditions like MTC or MEN 2, or are allergic to its components. Be aware of potential risks like pancreatitis, hypoglycemia, and effects on kidney function. Common side effects include nausea, vomiting, diarrhea, constipation, abdominal pain, decreased appetite, and indigestion.

74. Is this real medication?

Yes, the medications we offer, including Semaglutide/Cyanocobalamin injections, are formulated in licensed pharmacies and are not affiliated with Novo Nordisk™ or its products.

75. How soon will I receive my medication?

Your prescription will be processed in 3-4 business days, followed by 2-Day shipping. Most clients receive their medication in about 5-8 business days after their consultation.

76. How do I inject my medication?

Refer to the instructional video provided for guidance on administering your medication via subcutaneous injection. Consult a healthcare provider for assistance if needed.

77. What is the age range for treatment?

The eligible age for GLP-1 treatment programs is from 18 to 75 years.

78. How much does the Metabolic Weight Loss program cost?

The program is priced at \$399 for the initial month and for every subsequent month, covering the telehealth physician evaluation, medication, medical supplies, and shipping.

79. What happens if I do not qualify after I already paid?

If you do not qualify after payment, a refund will be issued, deducting only \$15 for the physician evaluation fee.

80. How are you responding to medication shortages?

We have exclusive agreements with several pharmacies to ensure no medication shortages.

81. Do you accept insurance?

No, we do not accept insurance.

82. What can I expect after I sign up?

After purchase, a prescribing physician will review your medical evaluation. If qualified, a prescription will be sent to a pharmacy and delivered to you. If not, you'll be refunded minus a \$15 evaluation fee.

83. Is this confidential?

Yes, your medical information is confidential and only accessible to our medical team and prescribers.

84. Do I need a prescription?

If eligible for treatment, our medical team will issue a private prescription. No existing prescription is needed.

85. Is the packaging discreet?

Yes, we use plain, unbranded packaging.

86. What will appear on my bank statement?

Payments will appear under MWLCOAMGMT LLC.

87. Does your program include the physician consultation and medication?

Yes, the consultation, prescription, medication, and shipment are included without hidden fees.

88. What is the process to purchase the medication?

Complete a consultation by answering medical questions, uploading a photo, and verifying your identity. Our medical team will assess your eligibility and determine the appropriate medication.

89. Why would I not be eligible for Semaglutide?

Ineligibility may be due to medical history, including MTC, MEN2, type 1 or 2 diabetes, pancreatitis, kidney disease, diabetic retinopathy, depression, or suicidal thoughts or behavior.

90. What sets the MicroChange You Challenge apart from other weight loss programs?

The MicroChange You Challenge stands out with its robust support system, including a vibrant Facebook community of over 32,000 members, all undergoing semaglutide treatment. This support is complemented by guidance from our medical provider, a dedicated FitTrack representative, and the MWLCOA staff.

91. What kind of support can I expect in the MicroChange You Challenge?

Participants receive continuous motivation and accountability, similar to having a personal nutritionist. The active Facebook community allows sharing experiences and progress with fellow semaglutide patients, and expert advice is available from our medical provider and FitTrack representative.

92. How does the MicroChange You Challenge address common weight loss challenges?

The challenge addresses uncertainties around nutrition and exercise, safety and efficacy, and motivation. Participants receive tailored guidance, expert advice, and become part of a motivating community that transforms uncertainties into a clear, supported path to weight loss.

93. What role does the Facebook community play in the MicroChange You Challenge?

Our Facebook community is a pivotal part of the challenge, providing an inspiring environment for over 32,000 semaglutide patients. It's a platform for sharing progress, experiences, and receiving guidance and support, enhancing the overall journey towards health.

94. How does the MicroChange You Challenge ensure the safety and efficacy of the weight loss journey?

Safety and efficacy are paramount in our program. Participants have access to expert advice from our medical director, ensuring that all methods and routines are safe and effective. We prioritize the health and well-being of our participants throughout the challenge.

95. Can I join the MicroChange You Challenge if I have struggled with weight loss in the past?

Absolutely. The MicroChange You Challenge is designed specifically for individuals who have faced challenges in weight loss. With tailored guidance, expert support, and a motivating community, the program turns past struggles into a successful journey towards weight loss.