

Treatment Plans

Every patient's plan: the medicines, the doses and the weeks they run. Build a plan in phases, approve it, and see it the way the patient does.

Page manual · For Owners, Managers, Providers, Nurses · aminova.health/university/treatment-plans

1. THE PAGE AT A GLANCE

On the left is the list of plans, with your own templates above it once you have some. On the right is the plan you have open: where it stands, what to do next, and every phase of it.

Two tabs sit at the top: **Treatment Plans** and **Dispensary**.

The screenshot displays the 'Treatment Plans' section of the Aminova Health interface. On the left, a sidebar lists various navigation options, with 'Treatment Plans' highlighted. The main area is divided into two tabs: 'Treatment Plans' and 'Dispensary'. Under 'Treatment Plans', there's a search bar and a list of plans for five patients: Linda Ramirez, Sarah Thompson, Brian Flores, Desmond Williams, and Jessica Thomas. Each plan card shows the patient's name, initials, plan name, number of phases and compounds, and its status (Draft, Approved, Active, Completed). A 'View all 95 plans' link is at the bottom of the list. To the right, the detailed view of Linda Ramirez's plan is shown. It includes a header with the patient's name, age, and doctor's name, along with 'Amend' and 'Preview as patient' buttons. Below this is a progress bar for the plan's status (Draft, Approved, Active, Completed). The 'Goal' is to restore testosterone to optimal range and resolve symptoms. A 'Dosing & interaction checks' section lists an interaction to monitor estradiol. The 'Lab context' lists tests: Total & Free Testosterone, CBC, CMP, Estradiol, IGF-1. The 'PROTOCOL TIMELINE' shows four phases: Induction (Weeks 1-3), Titration (Weeks 4-8), Optimization (Weeks 8-10), and Maintenance (Week 10 onwards). Each phase has specific dosing instructions for Testosterone Cypionate.

Treatment Plans: the list on the left, the open plan on the right.

2. FIND A PLAN

1. Type a patient's name or the plan's name in the search box.
2. The list shows five plans at a time. The button under it opens all of them.
3. Each card shows the patient, the plan, how many phases and medicines, and where it stands: **Draft**, **Approved**, **Active** or **Completed**. **Sent** means the patient can see it.

- Click a card to open the plan. The small info button next to a name shows the patient's allergies, conditions and medicines.

Peak Vitality Clinic
Growth Plan

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Dr. Alex Rivera
Owner / Director

Treatment Plans Dispensary

Treatment Plans
View, edit and approve each patient's treatment plan — whether instantiated from a protocol template or built manu

ALL PLANS

Search by patient or plan...

LR **Linda Ramirez** ⓘ
TRT Optimization Plan
4 phases · 5 compounds
Completed

ST **Sarah Thompson** ⓘ
TRT Optimization Plan
4 phases · 5 compounds
Completed

BF **Brian Flores** ⓘ
Semaglutide Weight Manag...
4 phases · 4 compounds
Draft Protocol

DW **Desmond Williams** ⓘ
Semaglutide Weight Manag...
4 phases · 4 compounds
Active Sent Protocol

JT **Jessica Thomas** ⓘ
Semaglutide Weight Plan
4 phases · 4 compounds
Completed Sent

[View all 95 plans](#)

LR **Linda Ramirez, 42** ⓘ
Dr. Maya Chen · Jun 23, 2026

Draft · Approved · Active · Completed

Goal: Restore testosterone to optimal range & resolve symptoms

⚠ **Dosing & interaction checks (1)**
Interaction: Monitor estradiol — over-suppression risk with AI + TRT

🧪 **Lab context:** Total & Free Testosterone, CBC, CMP, Estradiol, IGF-1

PROTOCOL TIMELINE

Induction Titration

Wk 1 Wk 4

Weeks 1–3 Induction

🔗 **Testosterone Cypionate** 100mg weekly IM

Baseline labs drawn. Start low, confirm injection technique & tolerance.

Weeks 4–8 Titration ↑ Titration

🔗 **Testosterone Cypionate** 140mg weekly IM

Increase if trough Total T < 500. Recheck T, E2, Hematocrit at week 6.

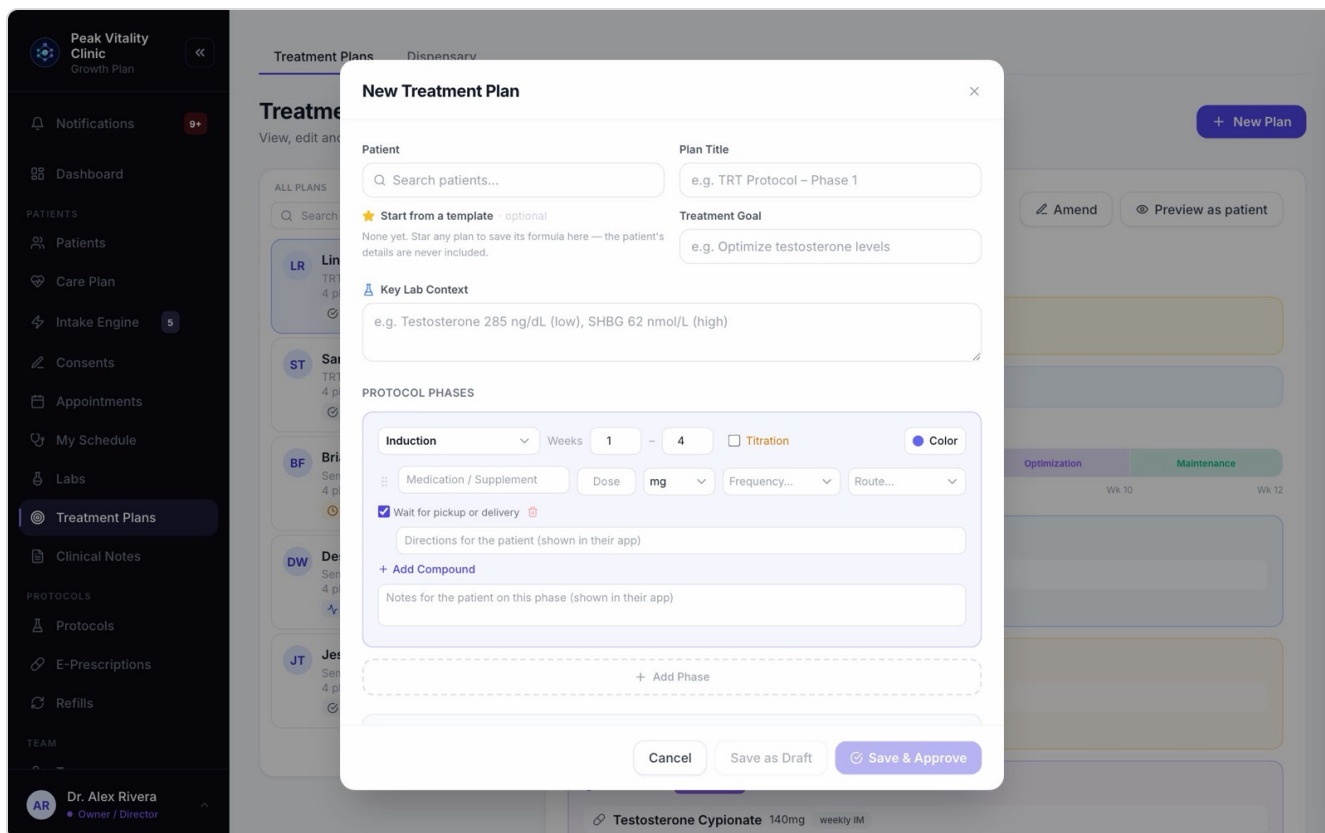
Weeks 8–10 Optimization ↑ Titration

🔗 **Testosterone Cypionate** 140mg weekly IM

All Plans: search, then click one to open it.

3. START A PLAN

- Click **New Plan**.
- Search for the patient and click their name. Their out-of-range lab results fill in **Key Lab Context** on their own.
- To reuse a plan you saved, pick it under **Start from a template**.
- Give it a **Plan Title** and a **Treatment Goal**.



New Treatment Plan: the patient, the title and goal, then the phases.

4. ADD PHASES AND MEDICINES

1. A phase is a stretch of weeks, like weeks 1 to 4. Pick its name, like **Induction** or **Maintenance**, and set its weeks.
2. Tick **Titration** if the dose is raised slowly during the phase. **Color** sets how it shows on the timeline.
3. For each medicine, fill in the name, dose, unit, frequency and route. Set the times to take it, and write directions for the patient. They show in the patient's app.
4. Press **Add Compound** for another medicine, and **Add Phase** for the next stretch of weeks.
5. Each phase has a notes box. Anything you write there shows in the patient's app.

5. MEDICINE THAT HAS TO ARRIVE FIRST

Each medicine has **Wait for pickup or delivery**. Ticked, it starts once the patient confirms in their app that they have it. Unticked, it starts on the plan's start date.

Once the patient confirms, the plan lists the day under **Medication collected**. A refill is counted from that day.

6. THE PATIENT'S PROGRESS PAGE

Progress page decides what the patient sees on their Progress page for this plan: the numbers, the chart, and what they log by hand. Leave it on **Use the clinic default**, or pick the other button to lay it out for this plan only.

7. SAVE IT

1. **Save as Draft** keeps it as a draft you can still change.
2. **Save & Approve** saves it as approved. It works once every medicine has a name, dose, frequency and route.

Tip. Building, approving and changing plans takes the right to manage protocols. Owners, managers and physicians have it to start with.

8. WHERE THE PLAN STANDS

Under the patient's name, a bar shows **Draft**, **Approved**, **Active** and **Completed**. The lit part is where this plan is. A paused plan sits on Active.

Search patient's treatment plan — whether instantiated from a protocol template or built manually + New Plan

LR **Linda Ramirez, 42** Dr. Maya Chen · Jun 23, 2026 Amend Preview as patient

Draft Approved Active Completed

Goal: Restore testosterone to optimal range & resolve symptoms

⚠ **Dosing & interaction checks (1)**
Interaction: Monitor estradiol — over-suppression risk with AI + TRT

🔬 **Lab context:** Total & Free Testosterone, CBC, CMP, Estradiol, IGF-1

PROTOCOL TIMELINE

Induction Titration Optimization Maintenance

Wk 1 Wk 4 Wk 8 Wk 10 Wk 12

● **Weeks 1-3** Induction

🔗 **Testosterone Cypionate** 100mg weekly IM

Draft, approved, active, completed: the lit part shows where it is.

9. WHAT TO DO NEXT

1. On a draft, **Edit Plan** changes it. **Approve & Sign** signs it, shares it with the patient and locks it. A signed copy is also added to Clinical Notes.
2. **Share with patient** lets them read a plan before it starts. Nothing is due until it is active.
3. **Set Active** starts an approved plan. Pick the start date.
4. An active plan has **Pause** and **Mark complete**. A paused one has **Resume**. **Change start date** shows while the start date is still ahead.

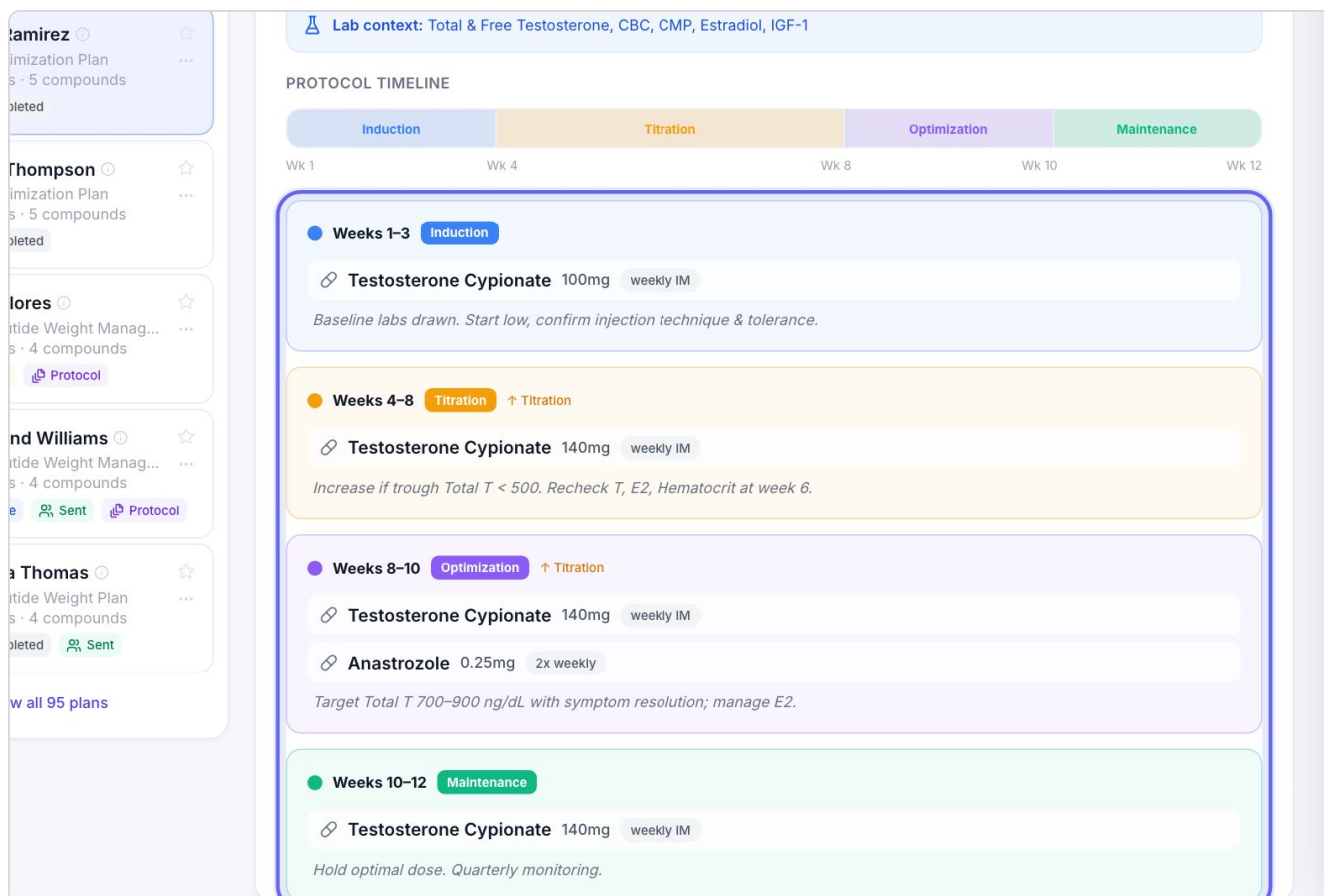
The screenshot shows a user interface for creating or editing a treatment plan. At the top right is a blue button labeled '+ New Plan'. Below it, on the left, is the text 'I template or built manually'. In the center, there are two buttons: 'Amend' (with a pencil icon) and 'Preview as patient' (with an eye icon). Below these buttons is a progress bar with two segments: 'Active' (blue) and 'Completed' (grey). Under the progress bar, the text 'resolve symptoms' is visible. Below that is a yellow box containing the text 'sion risk with AI + TRT'. Below the yellow box is a light blue box containing the text 'CBC, CMP, Estradiol, IGF-1'. At the bottom, there is a timeline with three colored segments: 'Titration' (orange), 'Optimization' (purple), and 'Maintenance' (green). Below the timeline, the weeks 'Wk 8', 'Wk 10', and 'Wk 12' are marked.

The buttons change with where the plan stands.

Tip. The patient is told when a plan is shared with them. A practice patient never gets an email or text.

10. THE PLAN ITSELF

1. A colored bar shows the phases, week by week.
2. Below it, each phase lists every medicine, its dose, how often, the route, and the times.
3. If a dose is higher than usual, or two medicines are known to clash, an amber box says so.
4. The goal, supplements and handouts sit with the plan too. Supplements are added while you edit the plan.
Attach handout adds a file the patient can open in their app once the plan is shared.



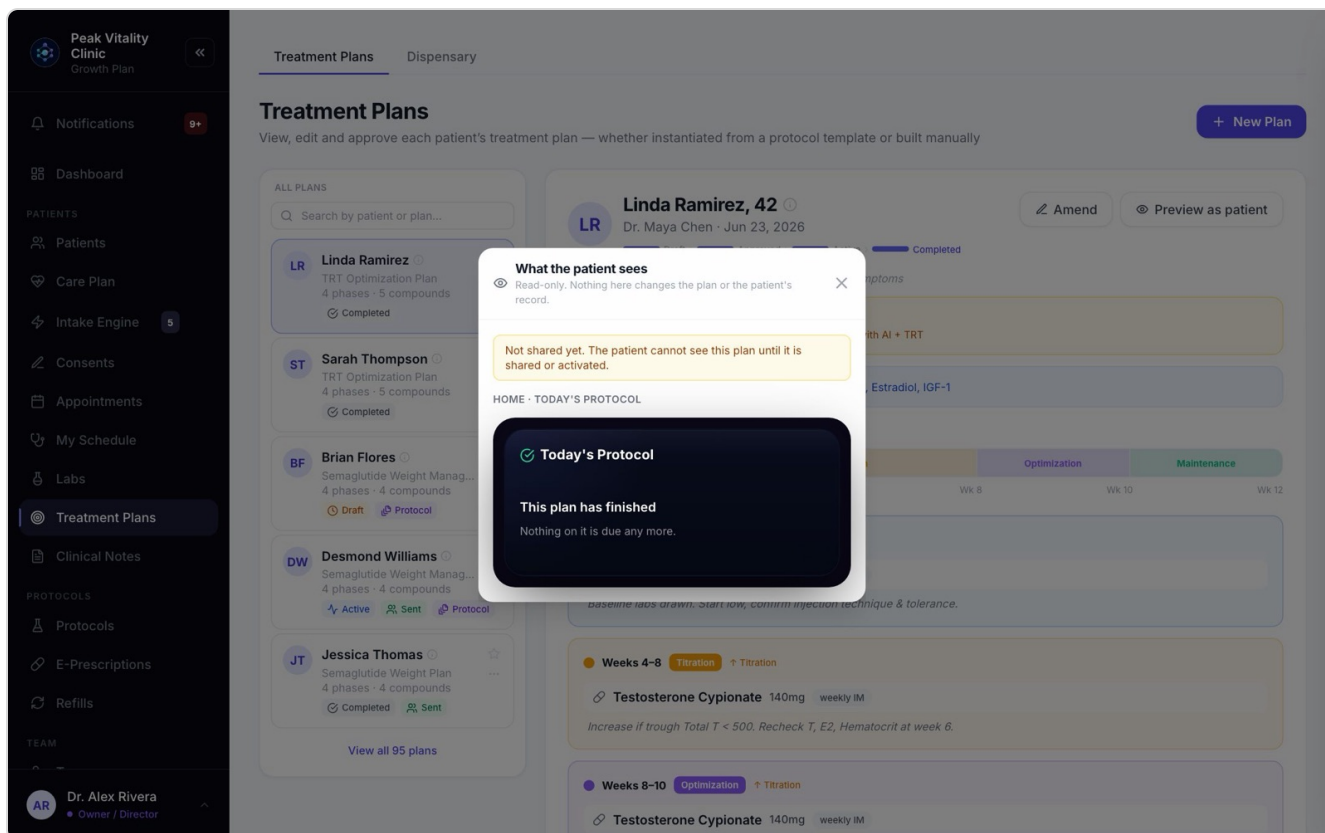
Each phase, week by week, with every medicine and dose.

11. CHANGE AN APPROVED PLAN

1. Click **Amend**. The plan opens in the same editor as a draft.
2. Make your changes and press **Save Changes**.
3. Aminova lists exactly what changed. Write a **Reason** and press **Sign & Record**, then sign.
4. The change is kept in the **Amendment Trail** on the plan, with who, when and why.

12. SEE WHAT THE PATIENT SEES

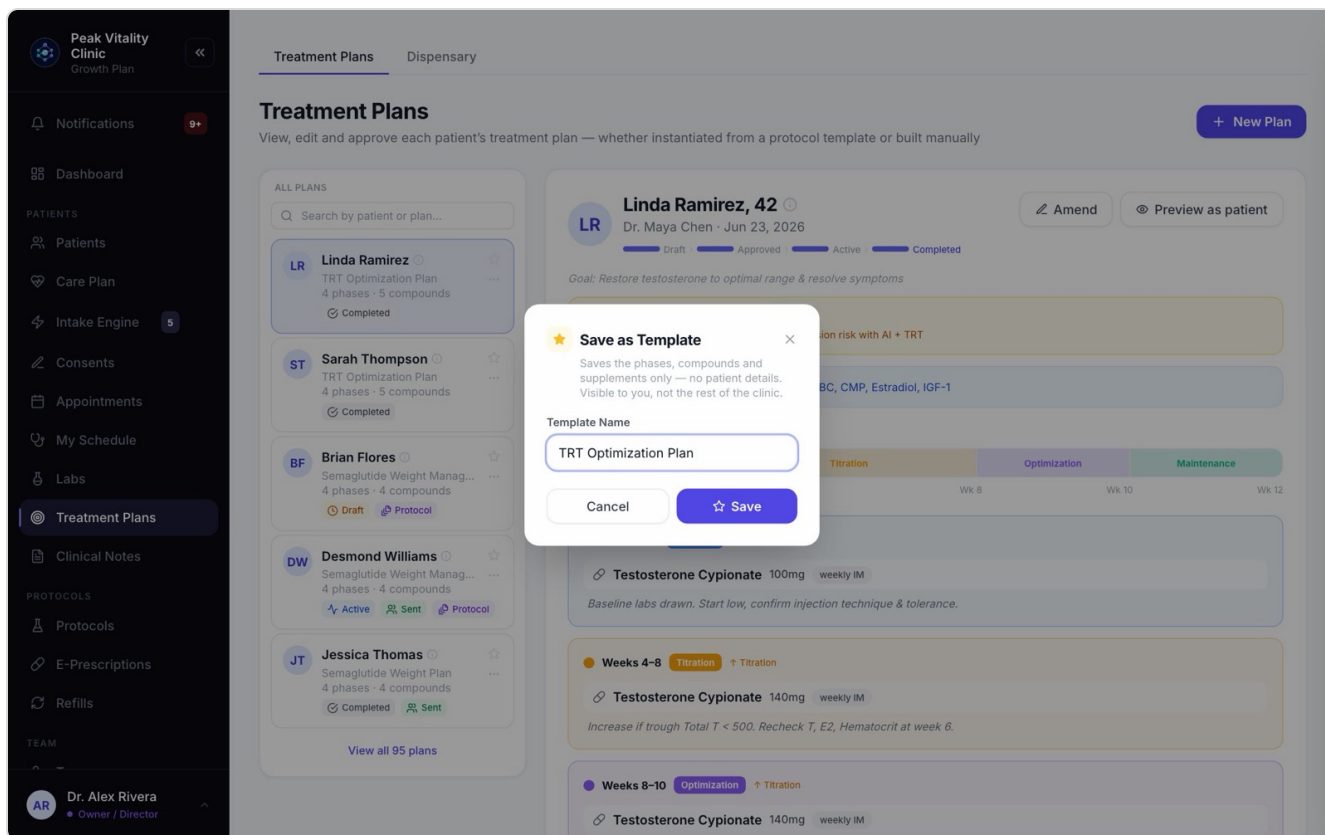
Click **Preview as patient** to see the plan the way it looks in the patient's app. Nothing you do there changes the plan. If the plan isn't shared yet, it says so.



What the patient sees, read-only.

13. SAVE A PLAN AS A TEMPLATE

1. Click the star on a plan's card. Name the template and press **Save**.
2. Only the phases, medicines and supplements are saved. No patient details. It is yours alone. The rest of the clinic doesn't see it.
3. Your templates show under **My Templates**. Click **Use** to start a plan from one.
4. To copy a plan to another patient, click ... on its card, then **Duplicate**.



The star saves a plan's formula as your own template.

14. THE DISPENSARY TAB

The **Dispensary** tab is your clinic's own supplements, with what is on hand. Click **Assign to patient** on one to hand it over. See the Dispensary manual.

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Owner / Director

Treatment Plans

Dispensary

Dispense your own supplements and assign them to patients.

Import CSV

Add supplement

Search in-house supplements...

8 in-house items

Berberine 500mg

\$32.00 · per bottle

Metabolic + glucose support

9 bottle on hand · low

Assign to patient

CoQ10 200mg

\$38.00 · per bottle

Mitochondrial energy + heart health

21 bottle on hand

Assign to patient

Creatine Monohydrate

\$26.00 · per tub

Strength, lean mass, cognition

40 bottle on hand

Assign to patient

Magnesium Glycinate 400mg

\$28.00 · per bottle

Sleep, recovery, muscle relaxation

35 bottle on hand

Assign to patient

Methylated B-Complex

\$30.00 · per bottle

Energy + methylation support

40 bottle on hand

Assign to patient

Omega-3 Fish Oil 2000mg

\$34.00 · per bottle

EPA/DHA cardiovascular + anti-inflammatory

4 bottle on hand · low

Assign to patient

Probiotic 50B CFU

\$40.00 · per bottle

Gut + immune support

56 bottle on hand

Assign to patient

Vitamin D3 5000 IU

\$24.00 · per bottle

Immune + hormone support; softgel

9 bottle on hand · low

Assign to patient

The Dispensary tab: your supplements and what's on hand.

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