



Glippier is a European web app, available in English and Dutch, that supports people using Mounjaro, Wegovy or Ozempic. It is meant as a daily tool between consultations: the patient logs their own nutrition, weight, body composition, injections and side effects, and can share that data clearly with you. Glippier does not replace your care and does not make diagnoses; it makes visible what happens between appointments, so the consultation can focus on interpretation instead of reconstructing the past few weeks.

What the patient tracks

The app rests on four pillars that together bring the full GLP-1 journey into view. Each pillar stands on its own but gains value in combination: nutrition and body composition together show, for example, whether protein is actually protecting fat-free mass.

Nutrition

Log via a food list, a barcode, or a photo of the plate. With a focus on protein, because adequate protein helps protect fat-free mass during weight loss.

Weight and body composition

Manual on every plan. With a Withings scale, weight and body composition sync automatically; an InBody or DEXA report is entered by taking a photo of it.

Injections

Date, dose and injection site each time, with the next injection date and an estimate of the current level based on dose and half-life.

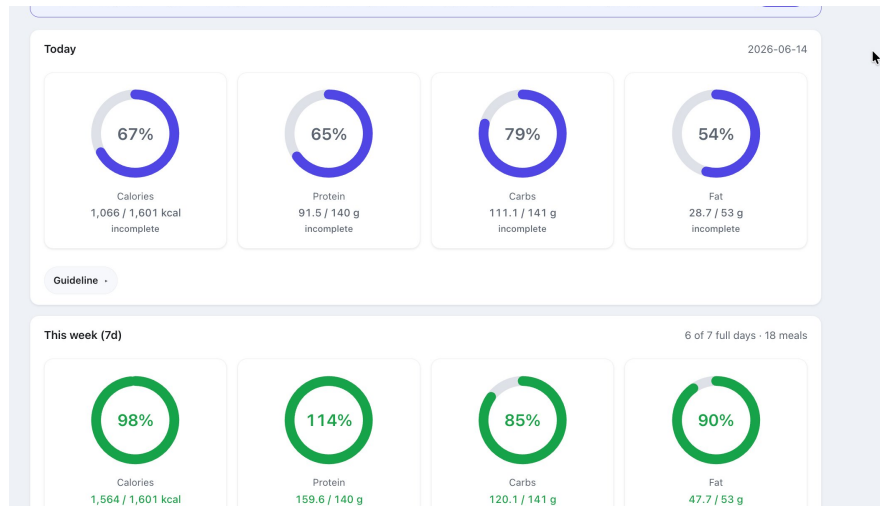
Side effects

Up to 16 side effects per injection week, each rated from 1 to 10. A usable overview to review together during a consultation.

In practice, logging takes little time: most data is entered with a few taps, and frequently used meals or a whole day can be copied. This is deliberate, because on GLP-1 medication appetite drops sharply and consistent logging is only sustainable if it stays effortless. The more complete the input, the more useful the picture you get in a consultation.

Daily overview

The dashboard shows progress on calories and macros, for today and across the week. The patient sees at a glance whether the day is complete and whether intake is tracking toward the set goals. The weekly column makes clear whether a single off day is an outlier or part of a pattern.



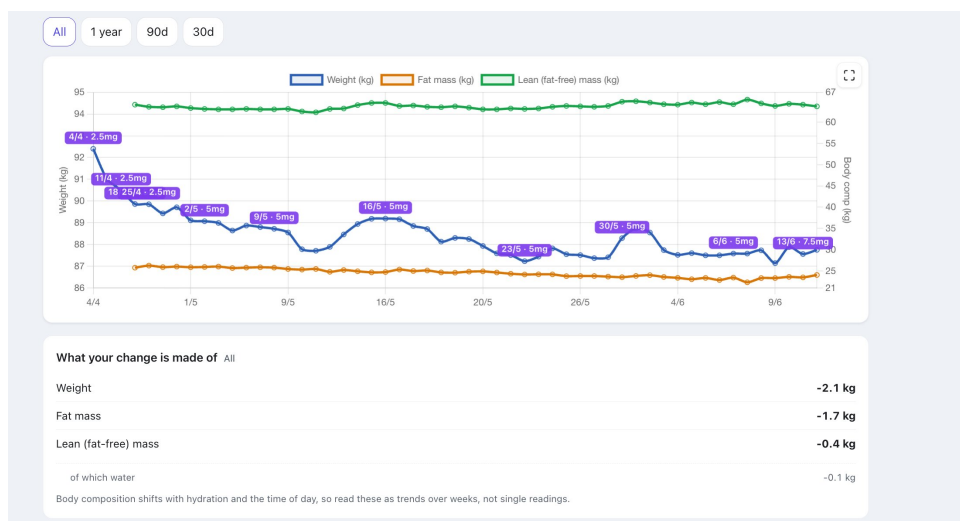
Dashboard — daily and weekly progress on calories, protein, carbs and fat.

Body composition in view

This is where Glippier stands out. The chart shows weight, fat mass and fat-free mass side by side over time, with the injections marked. Below it, Glippier breaks down the change: how much of the loss is fat and how much is fat-free mass. The app emphasizes that body composition fluctuates with hydration and time of day, and should therefore be read as a trend over weeks, not as a single measurement.

The difference: fat or fat-free mass

Most GLP-1 apps show only the number on the scale. Glippier shows where that loss comes from. That distinction is especially relevant on GLP-1 medication, because rapid weight loss can also take fat-free mass with it. With body-composition data this becomes a factual observation instead of an assumption.



Weight, fat mass and fat-free mass over time, with the “what your change is made of” breakdown.

For this brochure an existing user account was used; the values shown are real data from the maker of Glippier.

Reading a scan from a photo

If the patient has had an InBody or DEXA measurement, Glippier reads the composition figures from the report via a photo. The patient confirms each value, after which it is stored as a clearly labelled anchor point alongside the trend. Important for you: Glippier captures only the composition figures and deliberately ignores clinical findings, scores or risk labels on the sheet. Their interpretation stays with you.

Import a body scan

X

Photograph an InBody or DEXA report. Glippier reads the body-composition numbers, you confirm each one, then it is saved as a clearly-labeled anchor point next to your trend.

Which report is this?

InBody

DEXA



Take or choose a photo of the report

Glippier records only the composition numbers. It deliberately ignores any clinical findings, scores or risk labels on the sheet.

Importing an InBody or DEXA report from a photo; only the composition figures are taken over.

Injections

Each injection is recorded with date, dose and site. Glippier shows the next injection date and an estimate of the current level in mg, calculated from dose and half-life. This is explicitly an estimate for overview, not a medical measurement. Recording the injection site also helps keep rotation visible.

Injections

+ New injection

TOTAL INJECTIONS
11

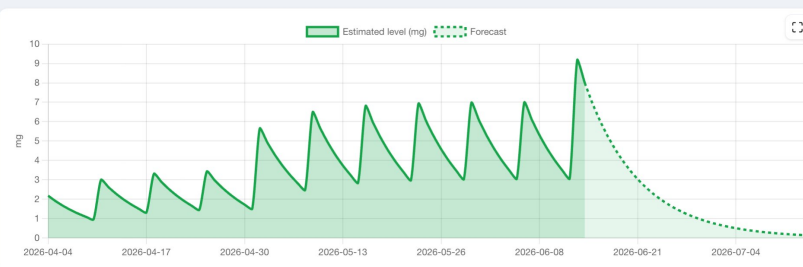
LAST DOSE
7.5 mg

LAST INJECTION
2026-06-13

NEXT INJECTION
2026-06-20
in 6 days

CURRENT LEVEL
7.64 mg
half-life 5d

Estimated medication level



Estimate based on dose and half-life, not a medical measurement.

History

Injection overview with estimated medication level; the app states explicitly that this is an estimate, not a measurement.

Side effects

For each injection the patient logs side effects with a severity score. This produces a structured overview that is directly usable in a consultation: which complaints, at which dose, at what time. Glippier presents any insights firmly as observations to discuss with you, never as a diagnosis or advice, and shows a correlation only when the patient's own data genuinely supports it.

Side effects

+ Side effect (any date) 🔍 Get insight ☰ All side effects (by date)

Insights
Insights are observations from your own data to discuss with your doctor, never a diagnosis or advice.
No clear patterns in your data yet, and we will not invent any. We only surface a correlation when your data shows side effects.

Click an injection to enter or edit side effects. New entries are auto

Date	Dose	Site	Side effects
06/13/2026	7.5 mg	Thigh left	Acid reflux 1, Fatigue 1
06/06/2026	5 mg	Thigh right	Acid reflux 1, Fatigue 1
05/30/2026	5 mg	Belly mid left	Acid reflux 8, Fatigue 7
05/23/2026	5 mg	Thigh right	Acid reflux 4, Fatigue 7
05/16/2026	5 mg	Thigh left	Acid reflux 7, Fatigue 7
05/09/2026	5 mg	Belly mid left	Acid reflux 4, Fatigue 7
05/02/2026	5 mg	Thigh left	Acid reflux 6, Fatigue 7
04/25/2026	2.5 mg	Belly mid right	Acid reflux 7, Fatigue 7
04/18/2026	2.5 mg	Belly upper right	Acid reflux 6, Fatigue 7

Side effects per injection week, with dose and site. Insights are observations, not a diagnosis or advice.

Who Glippier is for

GLP-1 users

People using Mounjaro, Wegovy or Ozempic who want to keep a grip on their journey between consultations, without a complicated system.

Clinics and dietitians

Practices that want to see what happens between appointments, without having to manage a tool themselves. The patient enters the data; you look in when it is useful.

Where it fits well

Journeys where body composition and protein intake matter, and where it is valuable to interpret weight loss instead of only counting it.

What it is not for

Glippier is not a medical device and not a replacement for your judgement. It is a daily logging and insight tool for the patient themselves.

Read-only sharing and privacy

The patient can give you **read-only access**: directly if you are on Glippier yourself, otherwise by email, and revocable in one click. There is also a **PDF report** to bring to an appointment, including body composition and trends. This way you see the progression since the last consultation without managing a new system and without the patient having to retype loose notes.

- All health and account data is held on **EU servers in the Netherlands**; health data does not leave the EU.
- Health data is processed on the basis of **explicit consent** (GDPR Art. 9).
- Data is **never sold** and never shared for marketing. The patient can export it (JSON or CSV) and delete it completely at any time.

How Glippier compares to other apps

There are good apps for tracking injections and nutrition. In practice most emphasize logging the shot and the weight. Glippier places the accent elsewhere: on **body composition** and on **structured sharing** with a doctor or dietitian. Where other tools stop at the number on the scale, Glippier makes visible whether that loss is fat or fat-free mass, in a form that is usable in a consultation. The European hosting and GDPR approach are not an afterthought but a starting point.

Two plans

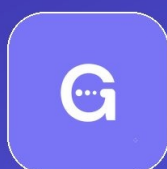
Feature	Basic — free	Plus
Nutrition, weight, injections, side effects	Yes, manual	Yes
Body composition (Withings sync, InBody/DEXA photo scan)	—	Yes, automatic
Photo scan and smart substitution for nutrition	—	Yes
Read-only sharing with doctor/dietitian	—	Yes
PDF report	Basic	With body composition and insights
Export (JSON/CSV) and deletion	Yes	Yes
Credit card required	No, never	One month free to try

Basic is free forever and asks for no credit card. Plus adds automatic body composition, scanning, sharing and richer reporting. Prices are on glippier.com.

Glippier was built by a Mounjaro user, out of the experience that logging nutrition alone was not enough. It is meant to make the patient's daily work visible and shareable, so the consultation can focus on what the numbers mean.

Hans Vredevoort · Glippier

Want a closer look? We are happy to show Glippier and can set up a trial account. support@glippier.com · glippier.com



Glippier

Your GLP-1 tracker

Weight · Injections · Meals · Side effects

glippier.com