



Medical Weight Management

Visit One

Please note: This document may not be up-to-date if printed or accessed from sources other than a web address (domain) starting with patienteducation.wellspan.org. For the most accurate information, always refer directly to the content on the web address starting with patienteducation.wellspan.org. Thank you for understanding.

Table of Contents

| | |
|------------------------------------------------------------------------|-------|
| WellSpan Medical Weight Management Intensive Phase Visit Schedule..... | 3 |
| My Weight Management Vision..... | 4 |
| Setting S.M.A.R.T. Goals | 5 |
| The ABCs Of WellSpan Medical Weight Management..... | 6 |
| 10 Behavior Smart Goals of Weight Loss..... | 7 |
| Emotional Eating..... | 8 |
| Non-Food Related Rewards | 9 |
| Healthy Eating..... | 10-11 |
| Get In Touch With Your Appetite..... | 12 |
| Consequences of Obesity | 13-14 |
| Tips for Maintaining Weight Loss | 15-16 |
| Body Composition & Body Fat Percent | 17 |
| Body Fat Testing..... | 18 |
| Things To Do Before Your Next Appointment..... | 19 |
| Medical Weight Management Weight Loss Medications..... | 20 |
| Weight Loss Medicine Information Table | 21 |
| Notes | 22 |



WellSpan Medical Weight Management Intensive Phase Visit Schedule

Visit 1 | Vision and Motivation

Visit 2 | Meal Planning and Label Reading

Visit 3 | Physical Activity Guidelines

Visit 4 | Predict and Prepare for Challenges

Visit 5 | Meal Planning Strategies

Visit 6 | Strength Training Guidelines

Visit 7 | Added Sugar and Glycemic Load

Visit 8 | Healthy Sleep Guidelines

Visit 9 | Whole Grain Types and Sources

Visit 10 | Fruits, Vegetables, and Fiber

Visit 11 | Stress and Effects on Weight

Visit 12 | Self-Compassion

Visit 13 | Dining Out Strategies

Visit 14 | Mindful Eating

Name: _____ Date: _____

What is a healthy weight?

A healthy weight is the weight at which you feel good about yourself and have energy for work and play. It's also one that lowers your risk for health problems.

What is my vision for good health and a healthy weight? I am...

What is my motivation for getting to a healthy weight and staying there? Why is this important to me?

Who will be involved and help me with my healthy weight goals?

4 Pillars of Medical Weight Management



Meals
Nutrition



Movement
Physical
Activity



Mind/
Behavioral
Modification



Medications

Activity
Behaviors
Calories
Diet

Setting S.M.A.R.T. Goals

Setting goals can help a lot when you're trying to make a healthy change. Specific goals can help motivate you to make your vision become a reality.

Goals can be short-term or long-term. Short-term goals are small goals that you can reach in about 1 week.

The process below will help you write S.M.A.R.T. goals. Short-term S.M.A.R.T. goals can help you meet your vision.

- Specific:** What do you want to do? Who? What? When? Where? Why?
- Measurable:** How will you measure your progress? You can use amounts, days, time, or other measurements to track your success.
- Attainable:** Ask yourself, "Can this really happen?" What steps are needed for you to make the goal happen?
- Realistic:** Do you have the knowledge, skills, and abilities needed to reach this goal?
- Timed:** Set a deadline. This will keep you on track towards reaching the goal.

Short-Term Goals

Now it's your turn. Come up with short-term goals for the following categories. Try to make your goals S.M.A.R.T.

Activity: _____

Behavior: _____

Calories: _____

Diet: _____

The ABCs of WellSpan Medical Weight Management

- A | Activity
- B | Behaviors
- C | Calories
- D | Diet
- E | Environment
- F | Fluid, Fiber, Fruit
- G | Glycemic Load, Glycemic Index
- H | H.I.I.T. (High Intensity Interval Training)
- I | Imagery (Positive, visualizations, “train the brain”)
- J | Just Do It!
- K | Kitchen (Reorganize the refrigerator and pantry)
- L | Logs (Food and activity logs or diaries)
- M | Medicines
- N | Non-Food Related Rewards
- O | Outlook (Positive learning vs. negative thinking)
- P | Plate Model & Portions
- Q | Quality vs. Quantity
- R | Responses to Stress
- S | Surgery
- T | Time Management
- U | Yo“U” Are Worth It!
- V | Vision
- W | Whole Grains
- X | e”X”amine Food Labels
- Y | Motivation-Motivators
- Z | “ZZZZZZ” Sleep Hygiene

10 Behavior Smart Goals of Weight Loss

- 1 | Eat breakfast every day.
- 2 | Eat breakfast in the first hour of your day.
- 3 | Eat three meals a day or eat at set meal times.
- 4 | Eat your meals every 4 to 5 hours.
- 5 | Take 20 minutes to eat your meals.
- 6 | No phone, TV, computer, or distractions during meals.
- 7 | Chew each bite of food 15 to 25 times before swallowing.
- 8 | Put your spoon, fork, or knife down between bites.
- 9 | Do not eat for 2 to 3 hours before bedtime.
- 10 | Log your food each day. Write it before you bite it!



Emotional Eating

What is emotional eating?

Emotional eating means that you eat for reasons other than hunger. You may eat because you're sad, depressed, stressed, or lonely. Or you may use food as a reward. Food can be soothing and distract you from what's really bothering you.

If you eat for emotional reasons, you may not notice when your body is hungry or full. You may eat more than you need or want.

Emotional eating can interfere with making healthy food choices. And it can keep you from getting to a healthy weight and staying there.

What are the signs of emotional eating? Everyone eats for reasons other than hunger once in a while. But if you notice that you often reach for food out of boredom or for comfort, you may be eating for emotional reasons. Big life events, like losing a job, can cause emotions that lead you to eat more. So can small hassles like being late for work.

Common signs of emotional eating are:

- Changing your eating habits when you have more stress in your life.
- Eating when you aren't hungry or when you're full.
- Eating to avoid dealing with a stressful situation.
- Eating to soothe your feelings.
- Using food as a reward. (For example, "That was really a tough job/assignment/argument. I need some ice cream/candy/popcorn!")

What are some tips for avoiding emotional eating?

Having a plan can help you deal with your emotions without using food.

It's about you and what works best for you. Here are a few things you can try.

Keep a food journal.

This can help you find out what triggers your emotional eating. You write down when and what you eat. You also write down what you were doing and feeling before you started eating.

Use a hunger scale.

A hunger scale can help you tell the difference between true hunger and hunger that's just in your head (psychological hunger). When you start feeling like you want something to eat, rate your hunger on a scale of 1 to 10. The number 1 means you're really hungry. And 10 means you're so full you feel sick. A rating of 5 or 6 means you're comfortable. You're neither too hungry nor too full.

Change your response to triggers.

Plan what you'll do when you notice your emotional eating triggers. Maybe instead of reaching for food, you could call a friend, take a walk, or drink a glass of water. Then you could observe how you feel.

5 things that make me want to eat even when I'm not hungry:

(Example: My favorite TV show)

1 _____

2 _____

3 _____

4 _____

5 _____

Non-Food Related Rewards- Happy List

Non-food related rewards are rewards that celebrate your new behavior or success but are not foods or events that you relate with food. These rewards can be events, places, activities, people, or anything that brings you joy. Food is for hunger and nourishment, not to fix emotional problems.

Write down some ideas of non-food related rewards that you would enjoy rewarding yourself with as you meet your goals.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

Put this list on your refrigerator or pantry door.

Healthy Eating

Healthy eating is about balance, variety, and moderation. It means that you eat enough, but not too much, and that you eat a variety of foods that give you the nutrients you need to stay healthy.

What to Eat More of:

| Item | Serving Size | How Many Servings? |
|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Protein | <p>1 ounce of meat is 7 grams of protein</p> <p>The protein in eggs is in the egg whites and the amount of protein depends on the size of the egg</p> <ul style="list-style-type: none"> • A small egg has 4 grams of protein • A large egg has 6 grams of protein • A jumbo egg has 8 grams of protein | <p>Men need 28 to 35 grams of protein each meal or 84 to 105 total grams of protein each day</p> <ul style="list-style-type: none"> • 4-5 oz protein at each meal should be the size of 1½ deck of cards <p>Women need 20 to 30 grams of protein each meal or 60 to 90 total grams of protein each day</p> <ul style="list-style-type: none"> • 3-4 oz protein at each meal should be the size of 1 deck of cards |
| Fresh Vegetables | <p>1 serving is 1 cup raw</p> <p>1 serving is ½ cup cooked</p> | <p>Eat 2 servings at lunch</p> <p>Eat 2 servings at dinner</p> |
| Stay away from starchy vegetables like potatoes, corn, lima beans, kidney beans, and black beans. | | |
| Fresh Fruit | <p>1 serving is usually 1 whole fruit if it is the size of a tennis ball</p> <p>1 serving of banana is ½ of a banana or 4 to 6 inches</p> <p>1 serving of fresh berries is ¾ to 1 cup of berries or melon</p> | <p>3 servings each day at separate times at the end of the meal</p> |
| Stay away from applesauce, dried fruit, figs, prunes, fruit juices, and canned fruit | | |
| Water | <p>1 glass of water is usually 8 ounces</p> <p>1 bottle of water is usually 16 ounces</p> | <p>Drink at least 64 ounces of water each day</p> <ul style="list-style-type: none"> • 8 glasses of water • 4 bottles of water |

Healthy Eating

What to Eat Less of:

- Foods from boxes, bags, or cans (except for steamed vegetables)
- White sugar, artificial sweeteners
- White flour
- White potatoes
- White pasta
- White noodles
- White bread
- White salt
- White rice
- Sweetened sugar beverages like soda, sweet tea, energy drinks, Gatorade, coffee with sugar, and artificially sweetened beverages
- Full portions

Foods Swaps:

| Instead of... | Try this... |
|--------------------------------|-------------------------------------------------------------------------------|
| Food from boxes, bags, or cans | Fresh food |
| White sugar | Truvia, Stevia, Swerve, or Monk Fruit |
| White flour | Whole wheat flour |
| White potatoes | Sweet potatoes |
| White pasta | Spaghetti squash or zucchini noodles (Zoodles) |
| White noodles | Barilla protein pasta |
| White bread | Whole wheat, whole grain, or protein bread |
| White rice | whole grain/brown rice |
| Sweetened sugar beverages | Infuse water with fruit, flavored tea, decaf tea, herbal tea, or decaf coffee |
| Full portions | Half (1/2) portions |

If you are unable to give up something, start by reducing portion to half.

Get In Touch With Your Appetite

There are many signals that tell us it's time to eat (other than a rumbling stomach): television ads, social events, smells from the food court and the candy bowl at the office. These factors in the environment trigger our senses and other mental processes that make us think we are hungry even when we're not.

Use the Hunger Rating Scale

The Hunger Rating Scale can help you decide if you are experiencing real hunger.

Remember that physical hunger builds gradually over time (usually over several hours after a meal), whereas emotional eating and cravings usually come on very suddenly. When you are genuinely hungry, you may experience one or several of the symptoms listed below:

- Stomach pangs or growling
- Emptiness in the stomach
- Irritability
- Headache
- Low energy/fatigue
- Difficulty concentrating

How does the scale work?

Before you eat, take a moment to rate your hunger. Think about how hungry you physically feel. Your goal is to eat between levels four and six. This means you are eating when you are hungry but stopping when you are comfortably full.

Try not to put off eating for too long. Waiting until level one or two — when you are starving and unable to concentrate — may lead to overeating. When you first start to feel any of the symptoms listed above, you should probably start to think about eating.

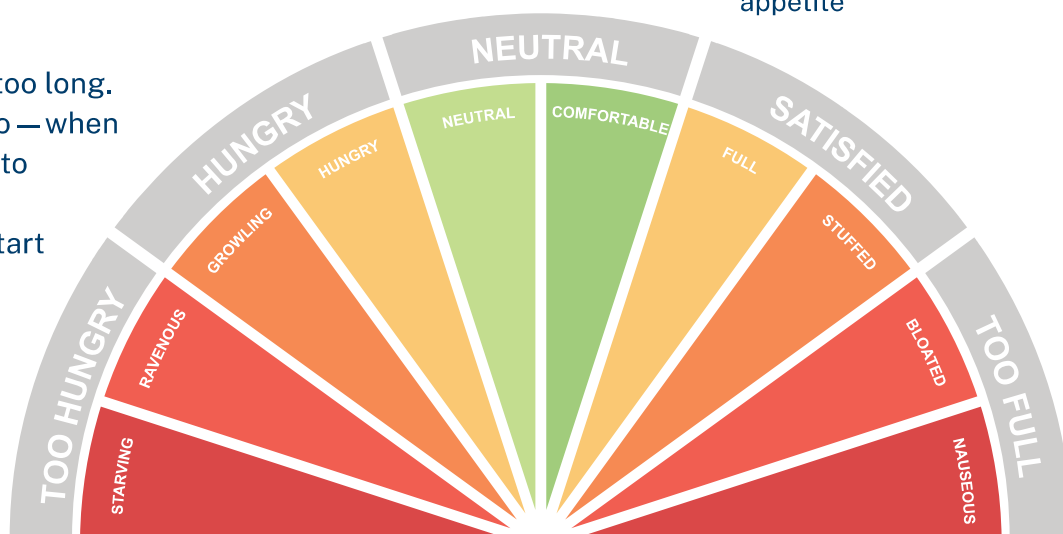
We often let the sight of food tempt us when we are above a level six on the scale. Before you indulge, take a step back and think about how you feel. Did you just eat a few minutes ago? Are you eating in response to an emotion or because you are experiencing physical hunger?

How to Handle Eating Temptation

Think of alternatives to eating for when these temptations arise. Some ideas are:

- Drink a glass of cold water or another zero-calorie beverage
- Take a walk to change the scenery
- Do another form of exercise (sit-ups, running, swimming, tennis, etc.)
- Call a friend or family member
- Read a book or magazine
- Do you like to knit or paint? Work on a hobby
- Play a game with someone else

Source: <https://diabetes.org/health-wellness/weight-management/get-touch-your-appetite>



Consequences of Obesity

In the United States, 78% of adults are overweight or obese. Approximately 42.4% of our population meet criteria for obesity. It has become so prevalent that we do not readily identify someone who is overweight; they look “normal” to us.

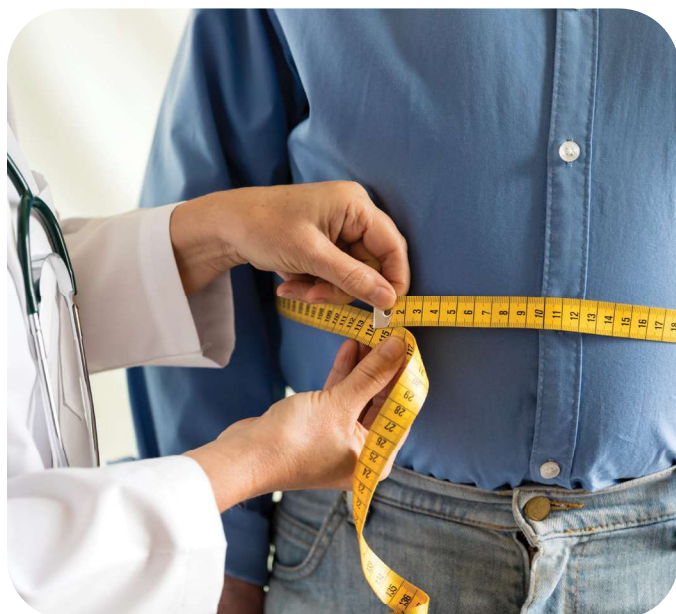
Obesity is now felt to be a chronic disease, which requires long term intervention & treatment. It is the 2nd leading cause of preventable death in the United States (smoking is first). It accounts for 10% of the nation’s healthcare expenditures (344 billion dollars in 2020). Obesity causes more chronic illness than poverty, alcohol & tobacco **combined**.

The current generation of children is the first generation since the Civil War that will **not** have a longer lifespan than their parents, entirely due to weight issues & health problems associated with obesity.

Body Mass Index (BMI) is the way we measure a person’s weight relative to their height, to determine if they are at a healthy weight.

- If your BMI is 25 – 29.9, your death rate increases by **10%** from all causes
- If your BMI is 30 – 34.9, your death rate increases by **44%** from all causes
- If your BMI is 35 – 39.9, your death rate increases by **88%** from all causes
- If your BMI is greater than 40, your death rate increases by **250%** compared to a normal weight person.

Life expectancy is reduced in this group of people by 8 – 10 years.



Here is a list of illnesses and conditions that we now are caused by or made worse by being obese. This list is undoubtedly not complete:

- Obstructive Sleep Apnea
Cerebrovascular Disease
- Hypoventilation Syndrome Stroke
Gallbladder Disease
- Gout Atherosclerosis Osteoarthritis
- Heart Disease Chronic Low Back Pain
Sudden Cardiac Death
- Poor Self Image Left Ventricular
Hypertrophy Hyperandrogenism in
women (elevated male hormone)
- Cor Pulmonale Obesity associated
cardiomyopathy Hypogonadotropic
hypogonadism in men (decreased
male hormone)
- Pulmonary hypertension of obesity
Infertility Hyperlipidemia
- Menstrual issues Diabetes Birth Defects
- Metabolic Syndrome Prenatal / Birthing
Complications Stasis edema of legs
- Increased injuries / delayed recovery
Varicose veins Increased injury / surgery
/ illness complications
- Lymphedema Increase risk of blood
clots Increased risk / duration of
lifetime disability



- Acanthosis nigricans Transplants Fatty liver, Steatohepatitis (NASH),...2nd cause of liver transplants
- Hirsutism Psuedotumor Cerebri Intertrigo
- Slipped Capital Epiphysis Increased cellulitis risk Cancer-specifically of Gallbladder, Esophagus, Liver, Kidney, Pancreas,
- Colon, Stomach, Ovaries, Cervix, Uterus, Post-Menopausal Breast, Prostate,
- Non-Hodgkin's Lymphoma, Multiple Myeloma, Leukemia
- Increased carbuncle risk Increased respiratory infection rate
- Asthma GERD

With a 5% loss in body weight, there is a striking improvement in many of these conditions.

With a 10% loss in body weight that is sustained, you would receive almost all of the benefits of reducing these complications of obesity!

When we help you correct your weight long term, we are addressing much more than what the scale is telling us.

We hope you are beginning to see what is at stake & why we have dedicated ourselves to helping you improve your health.

While we are working with you, it is extremely important that you stay in close contact with your primary care doctor to make sure you are up to date with your overall health & cancer screenings.

Author: Healthwise Staff
Clinical Review Board

All Healthwise education is reviewed by a team that includes physicians, nurses, advanced practitioners, registered dieticians, and other healthcare professionals.

Tips for Maintaining Weight Loss

Get started on healthy eating

If you're trying to eat in healthier ways, you may need to change some of your daily habits. But you don't need to make huge changes. Over time, small changes can make a big difference.

Here's how to get started.

Start slowly.

Small changes are easier to make than big ones. So change your eating habits a little bit at a time. For example, try switching from white rice to brown rice or white bread to whole-grain bread. Or drink water instead of high-sugar drinks.

Add some healthy foods.

Focus on adding healthy food to your diet, rather than just taking unhealthy foods away. For example, add vegetables to sandwiches or add fruit to yogurt and cereal.

Help yourself make healthy choices.

- Keep more healthy foods, like fruits and vegetables, at home.
- Pack a healthy lunch and snacks for work.
- Have friends or family try a healthy meal with you.
- Put your snacks on a plate instead of eating from the package.
- Limit how often you eat out.

Try mindful eating.

- Be aware of your hunger and respond to what your body tells you.
- Try to include foods that you enjoy eating. They can be healthy or just something you like.
- Fully enjoy the flavor, smell, texture, and color of your food.
- Take your time when you eat.
- Avoid distractions, such as screens or books, while you eat.

Avoid unplanned eating and drinking

Having regular low-calorie snacks throughout the day along with regular smaller meals is a good way to manage your hunger. Plan snacks



as part of your overall calories for the day, and avoid eating unplanned calories.

Try not to sample food while cooking.

Don't eat unplanned snacks.

- When you're tempted to snack at times that you didn't plan for, substitute a glass of water with lemon, and snack on carrot or celery sticks.
- Avoid sweetened drinks like sodas, special coffee drinks, energy drinks, and juices. They add a lot of calories.

Try a different activity.

- When you feel the urge to have an unplanned snack, try an activity that does not involve eating, such as taking a bath, reading a book, or doing a hands-on activity.

Make dinner the last thing you eat until breakfast.

Use portion control.

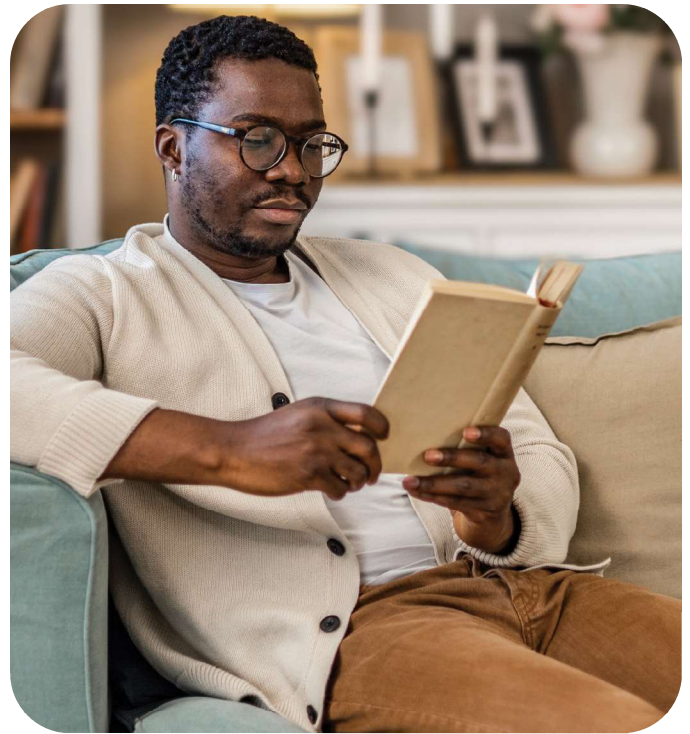
Measure one portion of a snack into a bowl so you aren't tempted to keep reaching into the box or bag.

Limit alcohol

If you drink, limiting alcohol may help you manage your weight. Alcohol provides a lot of calories but no nutrition. The number of calories in a drink depends on how much alcohol it contains. Drinking 1 beer at dinner every night adds more than 4,500 extra calories each month.

These are estimates of the calories in drinks:

- Beer: 153 calories and 13.9 grams of alcohol in 12 fl oz (355 mL)
- "Lite" beer: 103 calories and 11 grams of alcohol in 12 fl oz (355 mL)
- Table wine: 123 calories and 15.4 grams alcohol in 5 fl oz (148 mL)



- Gin, rum, vodka, whiskey, and other "hard" liquor [1.5 fl oz (44 mL)]:
 - 97 calories and 14 grams of alcohol (80 proof)
 - 110 calories and 15.9 grams alcohol (90 proof)
 - 124 calories and 17.9 grams alcohol (100 proof)

Get active

Physical activity helps you burn more calories. Experts say that more than 5 hours a week of moderate activity can help. Aim for 60 to 90 minutes a day. Moderate exercise is safe for most people. But it's always a good idea to talk to your doctor before you start an exercise program.

Author: Healthwise Staff
Clinical Review Board

All Healthwise education is reviewed by a team that includes physicians, nurses, advanced practitioners, registered dietitians, and other healthcare professionals.

Body Composition & Body Fat Percent

How to measure & interpret your body fat percentage

Body composition is the proportion of fat and fat-free mass in your body. A healthy body composition is one that includes a lower percentage of body fat and a higher percentage of fat-free mass, which includes muscle, bones, water, tissue and organs. Body composition is measured to assess your health and fitness level. Often, you will have body composition measured at the start of a weight loss or fitness program and checked periodically to monitor your progress.

What Is Body Composition?

Your body is composed of two types of mass:

Body fat can be found in muscle tissue, under the skin (subcutaneous fat), or around organs (visceral fat). Some fat is necessary for overall health. It is called essential fat and it helps protect internal organs, stores fuel for energy, and regulates important body hormones. But you may also have excess storage of fat and non-essential body fat.

Fat-free mass includes bone, water, muscle, organs, and tissues. It may also be called lean tissue. These tissues are metabolically active, burning calories for energy, while body fat is not.

Body fat percent is a measurement of body composition telling how much of the weight of your body is fat. The percentage of your body that is not fat is fat-free mass. There are normal ranges for body fat, which differ for men and women. Weighing yourself on a regular bathroom scale does not truly assess your body composition because a regular scale cannot tell how much of your total weight is comprised of water, fat, or muscle. To know if your body composition is healthy, you should get an estimate of your body fat percent.

Athletes tend to have lower body fat, which may be beneficial for performance in sports such as running and cycling. But having an extremely low body fat percent is a health problem. It includes eating disorders, abnormal lack of

menstrual periods in females (amenorrhea), and decreased bone mass with an increased risk of stress fractures and osteoporosis. If you are overweight or obese, you have an excessive amount of body fat and a high body fat percentage.

You can improve your body composition by gaining lean body mass through building muscle and bones, and through losing excess body fat. You can change your diet, start an exercise program, or combine both methods.

| Age | Body Fat Percentage in Men | | | |
|----------|----------------------------|--------|---------|---------|
| up to 20 | 2-8% | 8-14% | 14-21% | 21-25% |
| 21-25 | 3-10% | 10-15% | 15-22% | 23-26% |
| 26-30 | 4-11% | 11-16% | 16-21% | 21-27% |
| 31-35 | 5-13% | 13-17% | 17-25% | 25-28% |
| 36-40 | 6-15% | 15-20% | 20-26% | 26-29% |
| 41-45 | 7-16% | 16-22% | 22-27% | 27-30% |
| 46-50 | 8-17% | 17-23% | 23-29% | 29-31% |
| 51-55 | 9-19% | 20-25% | 25-30% | 31-33% |
| 56 & up | 10-21% | 21-26% | 26-31% | 31-34% |
| | Lean | Ideal | Average | OverFat |

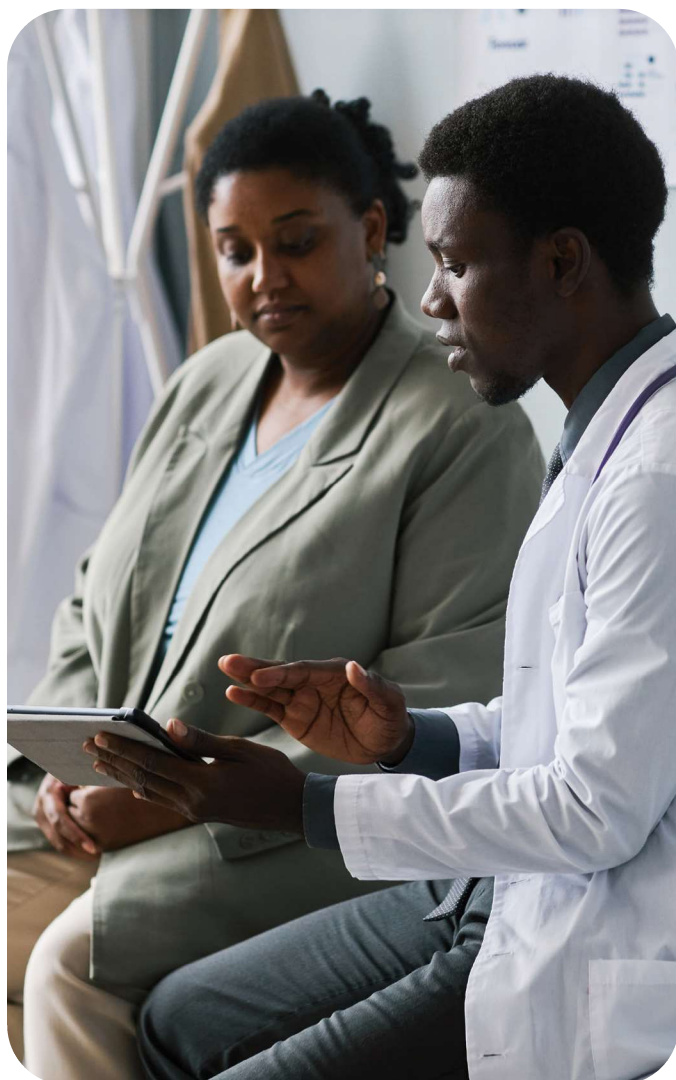
| Age | Body Fat Percentage in Women | | | |
|----------|------------------------------|--------|---------|---------|
| up to 20 | 11-18 % | 18-23% | 23-30% | 30-35% |
| 21-25 | 12-19% | 19-24% | 24-30% | 30-35% |
| 26-30 | 13-20% | 21-25% | 25-31% | 31-36% |
| 31-35 | 13-21% | 21-26% | 26-33% | 33-36% |
| 36-40 | 14-22% | 22-27% | 27-34% | 34-37% |
| 41-45 | 14-23% | 23-28% | 28-35% | 35-38% |
| 46-50 | 15-24% | 24-30% | 30-36% | 36-38% |
| 51-55 | 16-26% | 26-31% | 31-36% | 36-39% |
| 56 & up | 16-27% | 27-32% | 32-37% | 37-40% |
| | Lean | Ideal | Average | OverFat |

Body Fat Testing

Body fat testing checks how much body fat you have. It may be done to find out if you have too much or too little body fat. The test is one of the ways to measure healthy weight.

There are several ways to estimate body fat. One of the most common ways is Bioelectrical impedance.

For this test, a small electrical current is passed through your body to measure your body's electrical resistance. This resistance is used along with your height and weight to calculate your body fat. Results can vary based on how much water is in your body and where the electrodes are placed. You can buy some devices, including body fat scales, that calculate your percentage of body fat using this method.



Factors that Affect Body Fat

There are some things you cannot control about your body fat:

- **Age:** Many people lose muscle as they age. This results in a slower metabolism.
- **Sex:** Women have more body fat. This is nature's way to prepare them for pregnancy and nursing.
- **Genes:** These play a role in whether someone is naturally skinny or their body hold onto fat. Genes also determine where fat is stored on the body.
- **Hormones:** These can cause water retention and impact body fat.

Why should I get my body fat tested?

People who are trying to become more fit and lose weight sometimes use the test to check for changes in their body fat levels.

The results of a body fat test give an estimate of how much of your body weight comes from fat.

But body fat percentage is not the best way to measure your risk for weight-related diseases. Your doctor may suggest checking your BMI (body mass index) and your waist size instead. A higher BMI or waist size may mean that your weight is raising your risk for health problems.



Things to do before your next appointment:

- Complete any labs, orders, and EKGs.
 - These need to be completed before starting medicines for weight loss.
- Complete the “My Weight Management Vision” sheet. Read it each day or develop a vision board with pictures.
- Complete the “Short-Term Goals” sheet. These are your short-term weekly goals for activity, behavior, calories, and diet from your first appointment.
- Complete the “Non-Food Related Rewards” sheet/”Happy List” and put it on your refrigerator or pantry door.
- Complete a daily food log. You can do this on paper or use a free smartphone application like MyFitnessPal, Lose it, or MyPlate.
 - Remember to write it before you bite it!

What to bring to your next appointment:

- Bring this packet/binder with you to ALL of your appointments.
- Bring your home scale to your next appointment. We will check your scale against our scale for accuracy. Only weigh yourself once a week.

Medical Weight Management Weight Loss Medications

Oral Weight Loss

| Generic | Brand |
|--------------------------|-----------------|
| Phentermine | Adipex, Lomaira |
| Orlistat | Xenical |
| Phentermine & Topiramate | Qsymia |
| Bupropion & Naltrexone | Contrave |
| Metformin | Metformin XR |
| Bupropion | Wellbutrin XL |
| Topiramate | Topamax |
| Naltrexone | |
| Semaglutide | Wegovy |

Oral Diabetic

| Generic | Brand |
|-------------|----------|
| Semaglutide | Rybelsus |

Injectable GLP-1 Diabetes

| Generic | Brand |
|-------------|-----------|
| Tirzepatide | Mounjaro |
| Liraglutide | Victoza |
| Semaglutide | Ozempic |
| Dulaglutide | Trulicity |

Injectable GLP-1 Weight Loss

| Generic | Brand |
|-------------|----------|
| Tirzepatide | Zepbound |
| Liraglutide | Saxenda |
| Semaglutide | Wegovy |

Please check your **insurance policy's drug formulary** to see which of the above medication options would be covered by your insurance policy.

1. Go to your insurance company's website or call the phone number on the back of your insurance card.
2. Look up or ask for the drug formulary.
3. Look up or ask about the **brand** name medications
 - Look up or ask which medications are covered for sleep apnea, history of heart attack or stroke, and diabetes. If you are diabetic, look up the brand name medications for diabetics.
 - If you are NOT diabetic, look up the brand name medications for weight loss.
4. Write down the level of coverage for each brand name medication, example (Tier 1, Tier 2, Tier 3, or not covered)
5. Portal message your provider with the information.
6. Discuss your options for medication with your provider at next visit/appointment.

| Oral Weight Loss Medication | How The Medication Works (Mechanism of Action) | Things That Could Happen While Taking The Medication (Side Effects) | Why You Would Not Take The Medication (Contraindications) |
|-----------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| Phentermine (Adipex, Lomaira) | Decrease appetite | Headache; increased bp/hr; dry mouth; constipation; anxiety; MI; palpitation; dizziness; tremor; impotence; decreased libido | HTN, Heart Disease, Pregnancy, Breastfeeding |
| Orlistat (Xenical) | Blocks fat absorption | Decreased absorption of fat-soluble vitamins (A, D, E, K); steatorrhea; fecal incontinence | Pregnancy, Gallbladder Disease |
| Metformin XL | Decreases sugar production and absorption | Stomach pain; gas; heartburn; headache; constipation; nausea; bloating | Hypoglycemia, Kidney Disease |
| Bupropion (Wellbutrin XL) | Keeps "feel good" chemicals in your brainlonger to reduce cravings | Nausea; constipation; NA; vomiting; dizziness; neuropsych reactions | Alcohol Use, Seizures, Glaucoma |
| Topiramate (Topamax) | Increase feelings of fullness, decreases taste for sweet foods | Insomnia; nausea; fatigue; see Phentermine | Alcohol Use, Kidney Stones |
| Naltrexone | Reduces cravings, increases feelings of fullness | Nausea; constipation; NA; vomiting; dizziness; neuropsych reactions | Opioid Use, Alcohol Use, Kidney Disease |
| Semaglutide (Wegovy) | Improve blood sugar control, reduce appetite, slows down digestion, makes you feel full | Nausea; vomiting; pancreatitis; gas; bloating; burping | Thyroid Cancer, Type 1 Diabetes, Pancreas Disease, Gastroparesis, Diabetic Retinopathy, Pregnant or Breastfeeding |
| Oral Combo Medications | | | |
| Phentermine/Topiramate (Qsymia) | See Above | See Above | See Above |
| Naltrexone/Bupropion (Contrave) | See Above | See Above | See Above |
| Injectable Weight Loss Medication- GLP 1's | | | |
| Tirzepatide (Zepbound) or (*Type 2 Diabetic GLP1/GIP- Mounjaro) | Improve blood sugar control, reduce appetite, slows down digestion, makes you feel full | Nausea; vomiting; pancreatitis; gas; bloating; burping | Thyroid Cancer, Type 1 Diabetes, Pancreas Disease, Gastroparesis, Diabetic Retinopathy, Pregnant or Breastfeeding |
| Liraglutide (Saxenda) or (*Type 2 Diabetic GLP1 -Victoza) | Improve blood sugar control, reduce appetite, slows down digestion, makes you feel full | Nausea; vomiting; pancreatitis; gas; bloating; burping | Thyroid Cancer, Type 1 Diabetes, Pancreas Disease, Gastroparesis, Diabetic Retinopathy, Pregnant or Breastfeeding |
| Semaglutide (Wegovy) or (*Type 2 Diabetic GLP1- Ozempic) | Improve blood sugar control, reduce appetite, slows down digestion, makes you feel full | Nausea; vomiting; pancreatitis; gas; bloating; burping | Thyroid Cancer, Type 1 Diabetes, Pancreas Disease, Gastroparesis, Diabetic Retinopathy, Pregnant or Breastfeeding |
| Dulaglutide (*Type 2 Diabetic GLP1-Trulicity) | Improve blood sugar control, reduce appetite, slows down digestion, makes you feel full | Nausea; vomiting; pancreatitis; gas; bloating; burping | Thyroid Cancer, Type 1 Diabetes, Pancreas Disease, Gastroparesis, Diabetic Retinopathy, Pregnant or Breastfeeding |

** This is not a complete list of contraindications or reasons not to take the medication. Please confer and discuss with your medical provider concerning your health history and the use of any medications. **



[WellSpan.org](https://www.wellspan.org)

