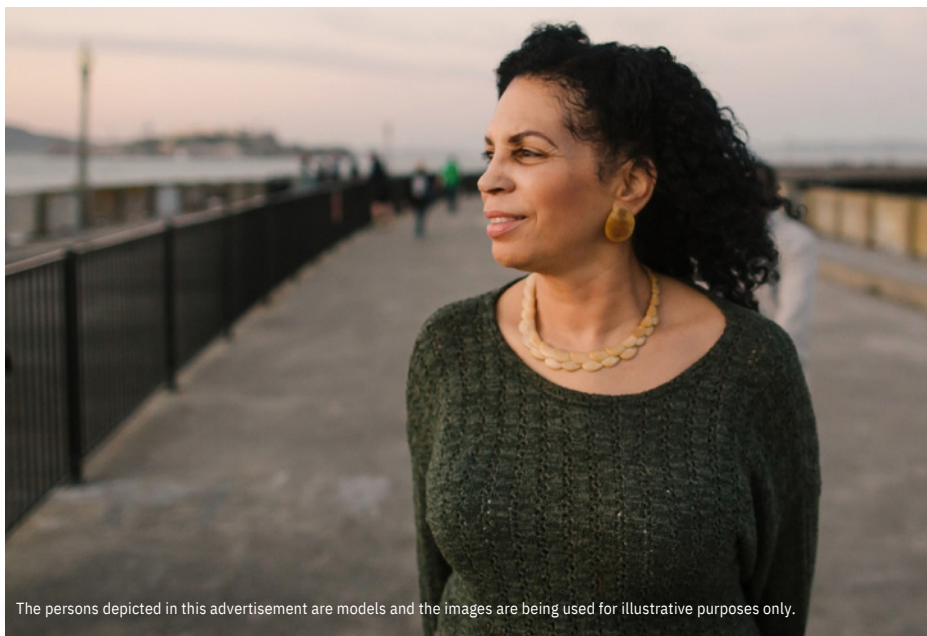


Looking to reduce weight-related health risks?

If yes, this study may be for you.



The persons depicted in this advertisement are models and the images are being used for illustrative purposes only.

ATTAIN-NOW

A clinical research study for people who want to maintain their health and reduce their risk of developing weight-related health conditions.

For nearly 150 years, **Eli Lilly and Company** has united caring with discovery to make medicines that help meet real needs.

Here are some highlights of our journey so far:

- 
- 1923** Introduced the first commercially available insulin treatment for diabetes.
 - 1940s** Lilly was 1 of the first companies to produce the first widely available antibiotic, penicillin G, at a large scale.
 - 1955** Lilly was the first to manufacture and supply the Salk polio vaccine worldwide.
 - 1982** Launched the world's first human insulin made with a technique called recombinant DNA technology.
 - 1987** Introduced a treatment for clinical depression.
 - 2022** Launched a new treatment for type 2 diabetes.



This brochure will

- explain clinical research studies
- give you an overview of **ATTAIN-NOW**,
- and help you decide if this study might be right for you.

**Understanding your options is important.
We hope this brochure helps you make a
decision and take action.**

Can I join this study?

Yes, you may be able to take part in

ATTAIN-NOW if you:

- Are 18 years of age or older
- Are living with overweight, based on the body mass index (BMI) range of the country you are from. You can speak with your doctor about this
- Have increased weight around your waist or midsection
- Have test results that show that you have at least 1 weight-related health risk. This includes
 - high blood sugar levels
 - high blood pressure levels, or
 - abnormal blood lipid (or blood fat) levels
- Have been unable to reduce your body weight through healthy nutrition and physical activity at least once before
- Do not have diabetes

- Have not taken any medicines for weight loss for at least 6 months before the start of the study
- Have not taken glucagon-like peptide-1 (GLP-1) treatments before

If you are interested in taking part, the study team can explain the additional criteria you must meet.

BMI stands for body mass index. It is a number that compares a person's weight to their height. BMI is used as a quick, safe, and simple way to check a person's risk for certain health conditions without any special machines. If you do not know what your BMI is, you can ask your doctor.



Waist-to-height ratio and weight-related health risks explained

Waist-to-height ratio

To check if you may be able to join the study, your doctor will calculate your waist-to-height ratio (WHtR). Your WHtR is a simple way to check if your waist size is healthy for your height. To take part in ATTAIN-NOW, you must have a WHtR of 0.5 or higher. This can mean you may have a higher chance of developing certain weight-related health conditions.

You may have noticed changes in your body over the past 5 or 10 years, even if your overall body weight has not changed much. These might include:

- Changes in your body shape – your waist or midsection may look or feel larger than before
- Changes in how clothing and accessories fit, like trousers, skirts, or belts – these items may now feel tighter around your waist

If you have experienced changes like these, they might point to an increase in your WHtR.

Weight-related health risks

People living with overweight, with a higher body mass index (BMI) and WHtR ratio, can be in good health right now. However, they may be at risk of developing type 2 diabetes, high blood pressure, or unhealthy blood lipid levels in the future. These conditions often run in families. Importantly, a person can feel healthy and well with no symptoms at all, even when the risks are present.

How are weight-related health risks identified?

A blood test or a blood pressure test is often the most reliable way to find out. You might have heard your doctor use these phrases when describing your blood sugar, blood lipid, or blood pressure test results before:

- “Borderline”
- “Mild elevations”
- “Not optimal, but within range”

These phrases may be confusing or easy to overlook, but they are important to pay attention to and ask your doctor about.

In its simplest form, your test results may fall within 1 of 3 “zones”:



Green zone:

Your results are within a healthy range



Yellow zone:

Your results are moving towards concern, even if you feel healthy and well



Red zone:

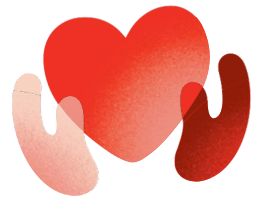
You are diagnosed with a health condition

People may spend months or even years in the **“yellow zone”** without knowing it. Their blood test results shift, and small changes appear slowly over time. Alone, these results might not cause concern at any single healthcare appointment. However, together, they may show a worrying, unhealthy trend. This trend may point to a growing risk of developing one or more weight-related health conditions.

The time it takes for these steady changes to happen can be called the **“silent phase”** of certain health conditions. A person’s blood sugar, blood pressure, or blood lipid levels have started to change in an unhealthy way, while their body still feels well. They have no obvious signs or symptoms.

Why early awareness matters

Identifying changes while your test results are still in the yellow zone offers the best opportunity to slow down or prevent the development of certain health conditions.



What are clinical research studies?

A clinical research study is a medical study that helps to answer important questions about an investigational medicine, such as:

- Is it safe to use?
- Does it work to treat the condition?
- Are there side effects?

All medicines must be tested in clinical research studies before they can be approved for doctors to give to patients. Without people taking part in these studies, we would not have new medicines.

An investigational medicine is a medicine that is still being tested in clinical research studies.



About ATTAIN-NOW

ATTAIN-NOW is a clinical research study for people living with overweight who are looking for ways to maintain their health and physical well-being. These people also want to reduce their risk of developing weight-related health conditions and obesity later in life. These health conditions include

- type 2 diabetes
- high blood pressure (hypertension), and
- unhealthy blood lipid levels (dyslipidemia)

This study will test if the investigational medicine is safe and may help people to stay healthy and reduce these health risks. During the study, the investigational medicine will be used in combination with healthy nutrition and physical activity.

What does **ATTAIN-NOW** involve?

Before you can join, the study doctor will check if **ATTAIN-NOW** is right for you. They will ask you questions and check your health.

If you join the study, a computer will randomly select your study medicine. This study medicine may be the investigational medicine or placebo.

All participants in the **ATTAIN-NOW** study will get the investigational medicine. Some participants will get the investigational medicine and placebo at different times in the study.

You and your study team will not know which study medicine you are getting. This helps keep the study fair and balanced.

Study visits

This study may take around 3 years and 3 months to complete. During this time, you will have visits with study doctors, nurses, or researchers.

These will be either in person at a clinic, or by phone or videocall.



Study medicine

- You will take the study medicine once a day as a pill that you swallow with water.
- Fasting (no food or drink, except water) for at least 8 hours before some clinic visits is an important part of this study. Participants may also need to use birth control.
- Study medicine may be the investigational medicine or placebo.
- A placebo looks the same as the investigational medicine but does not have any real medicine in it.

Possible risks and benefits

Safety is the most important part of any clinical research study. However, all clinical research studies have some possible risks.

If you are interested, a team of study doctors, nurses, and other healthcare workers will explain any possible risks. This step is known as ‘informed consent’.

Making an informed decision means that you have learned as much as you can about the clinical research study to make a choice that is best for you.

Possible risks or challenges:

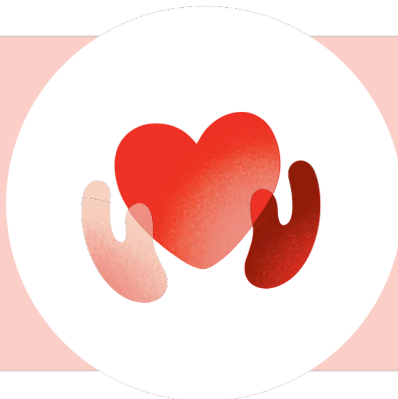
- There may be side effects from the study medicine.
- There may be some discomfort from the tests and checks during the study.
- Attending clinic visits can require additional time.
- There are specific guidelines you will need to follow while taking part.

Possible benefits:

- Getting actively involved in research for people who want to stay healthy and reduce their risk of weight-related health conditions.
- Helping others by advancing medical research.
- Playing an important role in testing a potential new medicine.

If you choose to take part, you will get

- study-related medicines
- study-related care and check-ins, and
- access to specialized doctors and researchers.



Can I change my mind about taking part?

Taking part in the study is your choice.

If you decide to take part, you may leave the study at any time for any reason.

What should I do next if I am interested in taking part?

You may have more questions about how taking part in this study may impact you and your day-to-day life. Consider talking to

- Your doctor for advice or if you are unclear about the risks and benefits for your health.
- Your family, friends, or someone you trust. Their different views and information may help you decide if the study may be right for you.

Before you agree to take part in the study, you will be able to ask the study team questions to better understand what to expect.

Thank You

This study is from Eli Lilly and Company.

