



Losing weight is not always as simple as the “eating less and moving more.” There are many biological factors that influence a person’s ability to lose weight including hormones and blood sugar levels. If improvements in nutrition and exercise are not enough for you to reach your goal, you may want to talk to your provider about whether a weight loss medication is right for you. There is no “magic pill” – but several medications have been proven to be safe and effective when combined with healthy nutrition and physical activity.

**How do they work?**

There are several different medications that can help people with weight loss. Some work by making you feel less hungry or full sooner. Many of these also increase your energy. Others change the way you absorb fat or process sugar in your body.

**Am I a good candidate?**

You may be a good candidate whether you are initiating lifestyle changes now in your nutrition and physical activity, or if you have recently tried to lose weight through lifestyle change without success. Your provider can help you decide if you are a good candidate to try medication at this time.

**Which medication is right for me?**

There are several types of medication available. Your provider can help you decide which one is right for you depending on how much weight you need to lose, your health history, the cost of medication and how long you will need to take it.

**Where can I learn more?**

Talk to your provider to see if a medication is right for you. Find out more about costs and coverage by calling your insurance company to find out what your benefits are. You may also find useful information on the **Coverage Search** app which is available through Apple and Google Play.