



## Weight Loss Medications

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 doctor 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 diet and exercise.



### How do they work?

There are several different medications that can help people with weight loss. Some work by making you 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?

If you have tried to lose weight through diet and exercise without success, but you are still committed to long-term lifestyle changes you may be a good candidate. To qualify you must have a Body Mass Index (BMI) of greater than 40, or a BMI greater than 35 with weight-related health issues.



### Which medication is right for me?

There are several types of medication available. Your doctor 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 doctor 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.