

Treatment Options for Weight Management

There's more than one way to reach your goals

It's normal to try many approaches on the path to long-term weight management. What works for someone else might not work for you. Exploring weight-management options with an experienced healthcare provider can be a great first step.

These are just some of many treatment options to discuss. Check the ones you are interested in talking about with your healthcare provider:



Healthy eating and portion control

Planning healthy meals and eating smaller portions can create an energy deficit (think fewer calories in) while providing the right nutrients for you.



Environmental changes

Making small changes to your surroundings may help you stay on track with your weight-management goals.



Behavioral approaches

Working with an expert in behavior modification may help you find ways to build new habits that fit into your lifestyle.



Physical activity

The more active your lifestyle, the more calories you'll burn.



Medicine

You can discuss the possible benefits and risks of FDA-approved prescription medicines for weight loss with your healthcare provider.



Surgical procedures

Bariatric surgery is usually an option for individuals with a body mass index of 35 kg/m² or higher along with weight-related conditions.



Staying on top of other health conditions

Some health conditions may have an impact on your weight.

Make a plan to meet your goals

Losing weight is a challenge, but maintaining those results is just as hard. A plan tailored to your lifestyle is important for preventing the weight you lose from coming back.

Learn more at [TruthAboutWeight.com](https://www.TruthAboutWeight.com).

FDA=US Food and Drug Administration.

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