

Truth About Weight®

Your Guide to Understanding Weight Management

Truth About Weight® is an educational site from Novo Nordisk with resources for patients with obesity. Truth About Weight® provides a variety of resources that can help people with excess weight. Many of the resources can be shared with healthcare providers to help start a discussion about creating a customized weight management plan.

What can be found on the Truth About Weight® website?

Free Obesity Management Tools



TrueWeight® Report, a personalized report to share with a qualified healthcare provider

- See patterns in your weight history
- Track your current weight-loss efforts
- Tips for talking to a healthcare provider



BMI Calculator, to help healthcare providers assess whether you are carrying excess weight



Obesity Care Provider Locator, to find a healthcare provider near you



Emails, to keep you up on leading-edge weight-loss science and help to start the right kind of conversations with a healthcare provider



Free Weight Management Information



Treatment Options, a discussion of options available to treat excess weight

- Healthy eating and portion control
- Behavioral changes
- Physical activity
- Medicine
- Bariatric surgery



The benefits of 5% to 15% weight loss



Advice from a leading expert on weight management



Narratives from real patients with obesity



Animation showing the forces of weight gain vs the forces of weight loss

A Road Map for the Weight-Loss Journey



- How to get started
- How to talk to your healthcare provider about treatment plans
- How to receive full benefit from your insurance coverage

Find out more at www.TruthAboutWeight.com.