



Your guide to Wegovy[®]

This booklet is intended for adults who have been prescribed Wegovy® for chronic weight management or reduction in risk of serious heart events in people with established heart disease plus obesity or overweight and without type 2 diabetes

Patient example. Not a real patient.

wegovycare[®]

Patient Support Programme

Helping you get the most out of your treatment with Wegovy®

The wegovy*care*[®] Patient Support Programme is an app which provides useful tips, guidance and practical tools to help you get started and stay motivated throughout treatment with Wegovy[®].

The wegovycare[®] app offers an Al Buddy: a private and personal guide within the app.

- Wegovy[®] FlexTouch[®] pen instructional video
- Track your progress and download information to share with your healthcare professional
- Convenient medication reminders
- Easily access resources to help answer questions about Wegovy[®].



Download the wegovycare[®] app using the QR code to get started today.



The wegovy*care*[®] app Patient Support Programme is only available to patients prescribed Wegovy[®] by their healthcare provider in accordance with the approved label in New Zealand.

Starting your journey with Wegovy[®]

This booklet will guide you through important information about Wegovy®, a medication prescribed by your healthcare provider that can help you lose weight and keep it off when used alongside changes to your diet and physical activity. Wegovy® can also reduce the risk of a heart disease related event if you are an adult who has been diagnosed with heart disease, are overweight and do not have type 1 or type 2 diabetes.

Maintaining a healthy weight is different for everyone. Our weight can impact many other health conditions, and so when we think about improving our health, it's important to consider our weight-management goals as part of the equation.

We encourage you to read through this information carefully and discuss any questions you may have with your healthcare provider. You can also use this booklet to monitor and share your progress along your treatment journey.

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This booklet is intended for adults who have been prescribed Wegovy[®] for chronic weight management and/or to reduce the risk of a heart disease related event.

For adolescents who have been prescribed Wegovy[®], refer to the Consumer Medicine Information and a healthcare professional.

Understanding weight loss

Many people believe that losing weight and keeping it off is about what you eat and how much you exercise, and that strong willpower determines success.

The reality is that obesity is a complex, chronic disease caused by multiple factors, including your environment, genes and emotional health. Having difficulty losing weight is real and not just about willpower. Our brains are in charge of our appetite, but it's not always as simple as just feeling hungry. While one part of our brain tells us when we need food, other parts influence our food choices based on things like emotions, routines and even simple enjoyment. For people with overweight or obesity, these different brain signals can become imbalanced, making it harder to manage cravings, recognise true hunger, and feel satisfied after eating.

Our biology can drive weight regain

You start losing weight

In the past, with a healthy diet and exercise, you might have found it easier to lose weight.

But your body pushes back

As you lose weight, changes in appetite hormones can make you feel hungrier. Plus, as your weight drops, your body uses fewer calories to perform basic functions at rest. **This means that keeping the** weight off is often more difficult than losing weight.

Why is excess weight bad for your heart?

Carrying excess weight can affect the health of your heart, increasing your risk of issues such as high blood pressure, high cholesterol and the development of blood clots that may cause a heart attack or stroke.

In particular, your waist circumference is a simple check to tell if you are carrying excess body fat around body organs, such as your heart, and is a good indicator of heart disease risk.

Losing weight and keeping it off is about improving your overall health from the inside out, including your heart health.



The good news is that sustained weight loss is achievable. Your healthcare provider can provide support, guidance and connect you with a wider healthcare team to help you reach your health goals.



What is Wegovy®?

Wegovy[®] contains the active ingredient semaglutide, and is a once-weekly injectable medication your healthcare provider has prescribed for you.

Together with changes to your diet and physical activity, Wegovy[®] can help you reduce your weight and keep the weight off while you remain on treatment. If you have been diagnosed with heart disease, are overweight and do not have type 1 or type 2 diabetes, **Wegovy[®] can also be used to reduce the risk of a heart disease related event, such as a heart attack or stroke.**

Wegovy[®] can be appropriate for adults who have a:

BMI of more than or equal to 27 kg/m²

(also known as overweight) in the presence of any other condition that can be worsened by increased weight, such as high blood pressure.

BMI of more than or equal to 30 kg/m²

(also known as obesity).



Wegovy[®] can also reduce the risk of a cardiovascular event (e.g., a heart attack or stroke) in adults who:

Have a BMI of more than or equal to 27 kg/m² (also known as overweight) with established cardiovascular disease and without diabetes.



Body mass index, abbreviated to BMI, uses your height and weight to work out if your weight is healthy. **Scan the QR code** to calculate your BMI and learn more about your results. Your healthcare provider may also take other measurements, in particular your waist size, as this is a good indicator of your risk of developing any future health issues.

How does Wegovy[®] work?

Our brains are in charge of our appetite, but it's not always as simple as just feeling hungry.

Normally, hormones such as GLP-1 control your appetite by acting on your brain after you eat In people with obesity, changes occur in the release of hunger-controlling hormones, including GLP-1



Wegovy® mimics the effects of GLP-1, also known as glucagon-like peptide-1, which is a natural hormone that acts as a messenger between your gut and your brain.

By increasing GLP-1 activity, Wegovy[®] helps your brain regulate your appetite more effectively, leading to a decreased desire to eat and a greater sense of fullness after meals.

What to expect from treatment with Wegovy[®]?

Starting a new treatment plan can bring up a lot of questions. Understanding what to expect with Wegovy® can help you feel more prepared as you begin.



Wegovy[®] is a treatment that is used in addition to diet and physical activity.

Your healthcare provider can help you develop a personalised plan that fits your lifestyle and supports your goals for weight loss and improved health.



You will administer your once-weekly injection of Wegovy[®] yourself at home. Your healthcare provider can show you the proper technique for injections, making it simple and convenient to incorporate into your routine. You can also find further details on how to use the Wegovy[®] pen on page 10 of this booklet.

Remember

Weight loss is about more than just numbers. Focus on how you feel, for example, improved sleep, improved mood and the ability to participate in activities that are important to you, are all signs of positive progress in weight management.

Celebrate the victories off the scale along the way!



Like all medications, Wegovy[®] may cause side effects, although most people only experience mild-to-moderate side effects that typically don't last long. It's important to

know that side effects may not always occur, but if they do, always discuss these with your healthcare provider. You can read more about potential side effects on page 15 of this booklet.



Weight loss is a gradual process and everyone responds to treatment differently. It's important to focus on consistent, sustainable changes over time. Your healthcare provider will work with you to set treatment goals and the steps necessary to achieve these goals.



Everyone's weight loss journey will be different. Ongoing weight management may take time and it's not possible to say how long your treatment with Wegovy® will need to be. Your health goals and length of treatment will be something you reassess with your healthcare

provider, so you continue to be clear about treatment expectations. If you and your healthcare provider are happy with how Wegovy® is working, there is no reason to change or stop your treatment until your healthcare provider tells you otherwise.

Your Wegovy[®] FlexTouch[®] pen



 $We govy^{\circledast} \ comes \ in \ a \ FlexTouch^{\circledast} \ pen \ for \ once-weekly \ use$

Each pen is colour coded for easy dose strength identification

Each pen contains enough medication to last 4 weeks and needs to be primed only once before first use

Wegovy[®] dose escalation

- Wegovy[®] requires 5 different dose strengths that your doctor will prescribe during the dose escalation.
- You will gradually increase the dose strength of Wegovy[®] every 4 weeks until you reach the recommended dose of 2.4 mg.
- This gradual increase in your Wegovy[®] dose can help reduce the chance of experiencing side effects like feeling sick, also known as nausea.
- Your healthcare provider will follow up with you during the dose-escalation period to check your progress and discuss any side effects you may be experiencing. Your healthcare provider can make adjustments to dosing if necessary to help with managing side effects.

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 If you and your healthcare provider are happy with treatment, there is no reason to make any changes to the 2.4 mg dose unless your doctor tells you otherwise.



Note

Your weekly dose of Wegovy[®] increases in strength gradually every 4 weeks to give you time to adjust. Based on the findings of clinical studies, Wegovy[®] 2.4 mg is the recommended dose to help achieve optimal weight loss and support your heart health.

How to take Wegovy[®]

We tried to make Wegovy[®] as easy to take as possible.

Each Wegovy[®] FlexTouch[®] pen contains four once-weekly doses to be administered over 4 weeks:



Check the flow for each new pen

 Before using the FlexTouch[®] pen for the first time, it will need to be primed to make sure it is working properly.

This only needs to be done once for each new pen.

- To prime, turn the dose selector from zero until you can see the flow check symbol as shown in the image above.
- The pen will then need to be held with the needle pointing up, and the dose button pressed until the dose counter returns to zero.
- A drop of Wegovy[®] should appear at the needle tip, indicating that the pen is ready to use for all further injections.
- If no drop appears, check the flow again. If still no drop, change the needle and check the flow once more. Return the pen to your pharmacist if there remains no drop.



Choose site

- You can inject Wegovy[®] into any of the sites shown in the picture above:
 - Upper arms
 - Belly (stay at least 5 cm away from your belly button)
 - Thighs.

Don't inject into any area where the skin is tender, bruised, red or hard; or where there are scars or stretch marks.

 You can inject into the same body area each week, e.g., the belly, but make sure it is not in the same spot as used the last time.



Scan this QR code to watch a video on how to use your Wegovy[®] FlexTouch[®] pen.





Remove pen cap and attach needle

- Check that the medicine inside the pen window is clear and colourless.
- A new needle is always required for each injection. Take a new NovoFine[®] Plus needle and tear off the paper tab. Push the needle onto the pen and turn until it is tight.
- The needle is covered by two caps.
 Pull off the outer needle cap and keep it for later. You will need it to safely remove the needle from the pen after the injection.
- Pull off the inner needle cap and dispose of it.



Set the dose and inject

- Turn the dose selector until the dose counter stops at your prescribed dose. The number in the dose counter should always match what is written on the pen.
- To inject Wegovy[®], line up the pen against the injection site so that the pen window and dose counter are clearly visible.
- Insert the needle into the skin and press and hold the dose button until the dose counter shows zero. You may hear or feel a click when the dose counter returns to zero.
- Continue holding the dose button and slowly count to 6. After this point, lift the pen slowly from the injection site.
- Dispose of the needle as instructed by your doctor, nurse or pharmacist and replace the pen cap.



When to take Wegovy[®]

Wegovy[®] should be used once a week, with or without food. Choose a day and time to inject Wegovy[®] that suits you.

If you need to change your injection schedule, you can change the day that you inject Wegovy[®] as long as you leave at least 3 days (72 hours) between injections. After selecting your new dosing day, return to once-weekly dosing.

Forgot to inject your dose?

If you miss a dose of Wegovy[®], you should administer it as soon as possible and within 5 days after the missed dose. If more than 5 days have passed, the missed dose should be skipped and the next dose should be administered on the regularly scheduled day.

Storing Wegovy^{®1,2}

DO

- Store in the fridge (2°C to 8°C) and in original packaging to protect it from light.
- ✓ After first use and if required, you can keep the pen at room temperature (≤30°C) for up to 6 weeks.

DON'T

- X Do not freeze.
- X Do not expose to excessive heat.

Common side effects

All medicines can cause side effects. When you first start taking Wegovy®, or when you increase the dose, you are most likely to experience some common side effects. These may include feeling queasy (nausea), being sick (vomiting), becoming constipated or having diarrhoea.

Not everyone experiences these effects, and if they do occur, they are usually only mild or moderate and don't last for long.

There are things you can do to help with nausea:





Speak to your doctor, nurse or pharmacist if you experience any side effects with Wegovy[®].

Keeping track of your Wegovy[®] dose and progress

Use the following pages to record details of your healthcare provider and to track your dose and progress.

Doctor/Nurse:

Clinic contact number:

The day of the week I take Wegovy®:

Mo Tu We Th Fr Sa Su

Your goals

You can track both your weight, waist circumference and health goals while taking Wegovy[®] on the pages opposite and overleaf.

You can use the 'weight' and 'waist circumference' section to log your progress each week. You can use the 'health goals' section to set new health targets that will help you achieve a reduced-calorie diet and increased physical exercise. For example, 'starting a healthy diet', 'dropping a dress or pants size' or 'increasing my step count each week'.

The progress section can be used to record any positive changes you notice in your health and well-being as you move through your treatment journey. Make note of every win, both big or small, and celebrate your progress along the way.

^Datient example. Not a real patient.

FlexTouch*

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Starting weight (kg):

Starting waist

circumference (cm):

Wegovy®

Weight (kg)

Weight (kg)

Waist

circumference

(cm)

Health goals

0.25 mg

What progress did I make towards my goals?



STEP-UP 1: Weeks 5-8

Wegovy [®] dose	Weight (kg)	Waist circumference (cm)	Health goals
0.5 mg			

What progress did I make towards my goals?



6

STEP-UP 2: Weeks 9–12

Wegovy [®] dose	Weight (kg)	Waist circumference (cm)	Health goals
1.0 mg			

What progress did I make towards my goals?



STEP-UP 3: Weeks 13–16

Wegovy® dose	Weight (kg)	Waist circumference (cm)	Health goals
1.7 mg			

What progress did I make towards my goals?



► STAY: Weeks 17 onwards →

Wegovy® dose	Weight (kg)	Waist circumference (cm)	Health goals
2.4 mg			

What progress did I make towards my goals?

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Wegovy® is an unfunded prescription medicine – payment for this medicine and any additional doctor and pharmacy fees will be required.

Wegovy[®] is used for weight loss and weight maintenance in addition to diet and physical activity in adults and adolescents ages 12 years and above who meet certain Body Mass Index (BMI) criteria. Wegovy[®] is also indicated to reduce the risk of a heart disease related event if you are an adult with a history of heart disease and have a BMI≥27 kg/m² without established diabetes. Wegovy[®] contains the active ingredient semaglutide and is available in the following dose forms: 0.25 mg, 0.5 mg, 1.0 mg, 1.7 mg and 2.4 mg. The two lower dose pens contain 1.5 mL of liquid each, while the three higher dose pens contain 3 mL each. Wegovy[®] has risks and benefits. Ask your doctor if Wegovy[®] is right for you. Use strictly as directed. If you experience side effects, see your doctor, pharmacist, or healthcare professional. Side effects of Wegovy[®] include nausea, vomiting, diarrhoea, constipation, abdominal pain, headache, fatigue. Please refer to the Wegovy[®] Consumer Medicine Information available at www.medsafe.govt.nz, in your Wegovy[®] pack or via https://www.novonordisk.co.nz/our-products/ our-products.html before taking your medicine.

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