

ONCE-WEEKLY
wegovy[®]
semaglutide injection 2.4 mg

More Than Weight Loss: How Wegovy[®] Supports Your Journey

What is Wegovy[®] and how does it work?

Wegovy[®] is a prescription medicine that contains semaglutide. It can help you **lose weight and support your heart health** when used alongside changes to your diet and exercise.

Wegovy[®] works by mimicking a natural hormone in your body called GLP-1 that helps your brain regulate your appetite, making you **feel fuller and less hungry**.



Patient example. Not a real patient.

How can Wegovy[®] help with weight loss and heart protection?

Wegovy[®] doesn't just help you lose weight, it helps you keep it off while you stay on treatment.



Losing weight

About 1 in 3 adults lost **20% or more** of their body weight over 68 weeks of treatment with Wegovy[®].*



Keeping it off

Continued treatment with Wegovy[®] can then help to **maintain your new lower body weight**.†



Heart health benefits

If you have heart disease and are overweight (but don't have diabetes) Wegovy[®] may also help **reduce the risk of serious heart events** like heart attack, stroke or death.

The everyday benefits of Wegovy[®]

Wegovy[®] is about more than just weight loss, it's about the positive changes that can come with it. As you lose weight, you may start to feel better, move more easily, and gain confidence in your daily life.

How do you take Wegovy[®]?

Wegovy[®] comes in a FlexTouch[®] pen and is injected under the skin once a week. Treatment begins with a low dose that's gradually increased every 4 weeks to help your body adjust and reduce the chance of side effects.



*In addition to a reduced-energy diet and increased physical activity. This result was not the primary goal of the study and should be considered as additional information.

†In a 2-year study, adults taking Wegovy[®], in addition to a reduced-energy diet and increased physical activity, lost an average of 15.2% of their body weight compared to 2.6% in those taking placebo.²

²In addition to a reduced-energy diet and increased physical exercise, as well as standard of care for heart disease.

Are there any side effects?

Like all medications, Wegovy® may cause side effects. Most people only experience mild-to-moderate symptoms that usually don't last long. Some people don't have any side effects at all.

Common side effects include nausea, vomiting, constipation, diarrhoea, headache, stomach pain, and feeling very tired. These are more likely to happen when you first start taking Wegovy® or when your dose increases.

Always speak to your healthcare provider if you experience any side effects.

Try these tips if you feel nauseous:



Eat smaller meals.



Stop eating when you feel full.



Cut back on spicy, fatty and fried foods.

wegovycare®



The *wegovycare*® 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®. Want to know more?

Visit [wegovycare.co.nz](https://www.wegovycare.co.nz) or scan the QR code.

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.

GLP-1: glucagon-like peptide-1.

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