ONCE-WEEKLY
wegovy®
semaglutide injection 2.4 mg

How Wegovy® Can Support Your Weight Loss Journey

What is Wegovy® and how does it work?

Wegovy® is a once-weekly injectable prescription medicine that can support **weight loss and heart health*** when used alongside a healthy diet and physical activity.

Wegovy® mimics a natural hormone in your body called GLP-1, helping your brain regulate your appetite so you **feel fuller and less hungry.**

Losing weight can improve many areas of your health

	% WEIGHT LOSS	HEALTH BENEFITS
✓	**2.5–5%** (≈2.5–5 kg if you weigh 100 kg)	✓ Better blood sugar levels ✓ Better blood pressure levels
✓	**5–10%** (≈5–10 kg if you weigh 100 kg)	✓ Better cholesterol levels ✓ Lower risk of type 2 diabetes ✓ Improvement in fatty liver ✓ Improvement in PCOS
✓	**10–15%** (≈10–15 kg if you weigh 100 kg)	✓ Less joint pain and strain on your heart ✓ Better sleep if you have sleep apnoea ✓ Fewer symptoms of heartburn ✓ Improved liver health ✓ Improved bladder leakage
✓	**More than 15%** (>15 kg if you weigh 100 kg)	✓ Improve or even reverse type 2 diabetes ✓ Lower risk of heart disease

How Wegovy® can help with weight loss and heart protection

Losing weight
≈ 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 help **maintain your new lower body weight.**[‡]

Heart benefits
If you have heart disease and are overweight[§] (but don't have diabetes) Wegovy® may help **reduce the risk of serious heart events.**[^]

*Reduces the risk of serious heart events in people with established heart disease and a BMI ≥27 kg/m², without diabetes, in addition to standard of care heart disease therapy.
†In addition to a reduced-energy diet and increased physical activity. Based on results from two global studies. This result was not the primary goal of the studies and should be considered as additional information. Mean weight loss of 15–17% (P<0.001 vs. placebo) when taken over 68 weeks.
‡In a 2-year global 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.
§BMI ≥27 kg/m².
^Such as heart attack, stroke or death. Wegovy® must be used together with a standard of care therapy for heart disease.

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 to help your body adjust and reduce the chance of side effects.

Scan the QR code or visit wegovynow.co.nz to see how the FlexTouch® pen works.

Are there any side effects?

Like all medications, Wegovy® may cause side effects. Most people experience only mild-to-moderate symptoms that usually don't last long. Very common side effects (which may affect more than 1 in 10 people) include nausea, vomiting, constipation, diarrhoea, headache, stomach pain, and feeling very tired.

This information is not intended as medical advice.

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

Tips that can help with nausea:

- **Eat smaller meals.**
- **Stop eating when you feel full.**
- **Cut back on spicy, fatty and fried foods.**

Want to learn more?

To find out more about Wegovy® visit **wegovynow.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 in addition to standard of care if you are an adult with a history of heart disease and have a BMI ≥27 kg/m^2 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 https://www.medsafe.govt.nz/consumers/cmi/w/wegovy.pdf, in your Wegovy® pack or via https://www.novonordisk.co.nz/content/dam/nncorp/nz/en/pdfs/leaflets/wegovy-nz-cmi.pdf before taking your medicine.

GLP-1: glucagon-like peptide-1; **PCOS:** polycystic ovarian syndrome.

Novo Nordisk Pharmaceuticals Ltd., G.S.T. 53 960 898. PO Box 51268 Pakuranga, Auckland, New Zealand.
Novo Nordisk Medical Information 0800 733 737 www.novonordisk.co.nz
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