

# 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/m<sup>2</sup> 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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