



Supporting Your Weight Loss Journey

Change first sentence to: It is common to think that all you need to do is eat less and exercise more to effectively manage your weight.

The truth is, being overweight or having obesity isn't just about lifestyle choices, discipline or willpower.

Leading research has proven that it is a complex chronic disease like diabetes and heart disease. On average, people living with excess weight make up to seven serious attempts to lose weight in their lifetime.

Losing weight is hard. The question is, why?

Many complicated factors influence the choices we make every day and can make changing behaviors and losing weight challenging. For example:

- Hormones, appetite signals and metabolic responses impact how much we eat and why we eat.
- Genetics can play a role in how much weight is gained and cause us to respond differently to elements in our environment.
- Not enough physical activity, unhealthy eating habits and inadequate sleep can all contribute to obesity.
- Environments where we live and work may impact access to affordable healthy food and the ability to find a safe and convenient place to exercise.
- Eating to cope with stress and depression are common struggles experienced by people who carry excess weight.

Weight Management: The Tug-of-War

Even after losing weight, many struggle to keep the pounds off. The challenge is the body typically reacts to weight loss by trying to regain the weight, making maintaining weight loss like a tug-of-war. Here's why:

- When weight is lost, your metabolism tends to slow down.
- Appetite hormones increase and encourage more calories to be consumed.
- The "I feel full" hormones decrease.

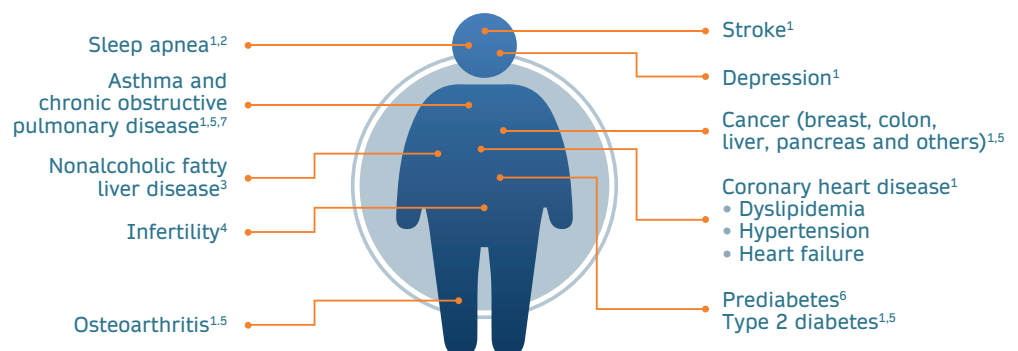
The GOOD News

Although there is no quick or simple solution, there is good news. **Losing even 5% of total body weight can result in decreased health risks and improvements to body functions.**

That means a person weighing 200 pounds can realize many positive changes by losing just 10 pounds, including improvements to chronic conditions like high blood pressure, type 2 diabetes, high cholesterol, osteoarthritis, asthma, COPD, heart disease, stroke and sleep apnea.



Chronic Diseases and Complications Impacted by Obesity






References: 1. National Institutes of Health. *Obes Res.* 1998;6 Suppl 2:515-2095. 2. LI C et al. *Prey Med.* 2010;51(1)1B-23. 3. Church TS et al. *Gastroenterology.* 2006;130(7):2023-2030. 4. Esmaelzadeh 5 et al. *Arch Med Sci.* 2013;9(3):499-505. 5. Guh DP et al. *BMC Public Health.* 2009;9:88. 6. Shalkh 5 et al. *Int J Diabetes Dev Ctries.* 2011;31:65-69. 7. Liu Y et al. *Respir Med.* 2015; 109(7):851-859.

What can you do today?

A variety of treatment options exist for people who are overweight or have obesity. The key is figuring out which combination of these will work for you.

- Start a conversation with your doctor about weight and together create a plan. Ask about the role medications and/or surgery may play in your treatment. Be sure your plan also includes managing other current weight-related conditions such as high blood pressure, depression or diabetes.
- Know your numbers and closely managing other health conditions (often called comorbidities) such as diabetes and high blood pressure. This includes taking all medications as prescribed. Having multiple chronic conditions can put you at increased risk for serious health consequences.
- Work with a registered dietitian to make small but meaningful healthy eating changes.
- Use your Employee Assistance Program (EAP) to support any behavioral health challenges you might be facing on your journey. Adults with obesity are at higher risk for depression than those with normal weight.
- Take proactive steps to control your environment like bringing healthy snacks to work, avoiding buffets, planning your week's menu in advance and avoiding grocery shopping on an empty stomach.
- Increase physical activity (such as walking) for just 30 minutes a day, 5 days a week can be beneficial and even prevent certain chronic diseases.

Who Should Be Considered for AOMs?					
	BMI 25-26.9 kg/m ²	BMI 27-29.9 kg/m ²	BMI 30-34.9 kg/m ²	BMI 35-39.9 kg/m ²	BMI ≥40 kg/m ²
 Lifestyle Modification Weight Loss Impact = 3% to 5%	+	+	+	+	+
 Pharmacotherapy/ Medications & Lifestyle Modification Weight Loss Impact = 5% to 15%		With co-morbidity	+	+	+
 Bariatric Surgery Weight Loss Impact = 25% to 30%				With co-morbidity	+
References: BMI, body mass index. Volkan et al. <i>Obes Facts</i> 2015;8:402-24.					

- Ask your family members/friends for support by first explaining why you want to make healthy changes. When they know why and what it means to you, they're far more likely to push you forward and not off track.
- Seek out doctors and other health care professionals who specialize in treating weight and related issues including depression and anxiety.

What are Anti-Obesity Medications (AOMs) and How Do They Work?

FDA approved anti-obesity medications help reduce or control weight by either suppressing appetite or decreasing the absorption of calories. Although these

prescription medications are not appropriate for everyone, they may be recommended in combination with lifestyle modification when other weight loss efforts are not successful. For example, when weight is regained after initial success with lifestyle approaches or when weight-related complications arise.

Health care professionals often use BMI to determine who might benefit from weight-loss medications and may consider individuals for an AOM if they have a:

- BMI of 30 or more.
- BMI of 27 or more as well as other weight-related conditions, such as high blood pressure and/or type 2 diabetes.



Determine What Benefits Options Your Employer May Offer

Check out the weight and obesity management benefits offered by your employer for both medical and prescription coverage, including wellness and lifestyle management programs that can support your weight loss efforts.

For example, check if your benefits provide coverage for:

- Consultations with a registered dietitian
- Company-sponsored programs for weight loss, healthy eating, physical activity and stress management
- Anti-obesity medications in your prescription drug plan
- Surgical interventions and Centers of Excellence
- In-network physicians and other health professionals who specialize in helping patients lose weight



Take advantage of these helpful resources:

Using Your Company's Programs and Benefits to Support Your Weight Loss Journey

- [Video](#)

Centers for Disease Control and Prevention (CDC)

- [Keeping it Off](#), Healthy Weight, Nutrition and Physical Activity
- [Food Diary](#)
- [Physical Activity Diary](#)
- [BMI Calculator](#)

National Institute of Diabetes and Digestive and Kidney Diseases

- [Understanding Adult Overweight & Obesity](#)
- [Choosing a Safe and Successful Weight Loss Program](#)
- [Treatment for Overweight & Obesity](#)
- [Prescription Medications to Treat Overweight & Obesity](#)

The Obesity Society

- [Information for Patients](#)

Truth About Weight

- [Start a conversation](#) with your doctor about your weight
- [Resources to Help You Manage Your Weight Loss](#) Video Library
 - ▶ The science behind weight loss and regain
 - ▶ Talking to a health care provider
 - ▶ Hear from people like you
 - ▶ Useful tools & materials
 - ▶ Find an obesity care provider
- [Information About Coverage and Access](#)

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