



VALLEY METABOLIC HEALTH

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Medications for Weight Management

When one understands that obesity resides in an appetite center that is not under conscious control then it begins to make sense why medications that treat that area of the brain can help treat the chronic disease of obesity. The average weight loss achieved with these medicines are around 5% to 10% body weight - some lose more and some less. The decision to start therapy and when to start depends on a host of factors that can be explored between you and your doctor or nurse practitioner. If you have private insurance, you can use the below information to determine if you have full coverage, if a prior authorization form is needed, and what co-pay to expect. Alternatively, if you have the financial resources to pay out of pocket the cost is ~\$300 to \$400 per month. Medications are intended to be taken long term as discontinuing therapy leads to weight regain.

Liraglutide (Saxenda)

- DIN Number: 2437899
- Indication: Chronic weight management in adults with obesity
- Mode of Action: Mimics hormone GLP-1 to increase feelings of fullness and reduce appetite
- Delivered subcutaneously daily.
- Possible Side Effects: Nausea, vomiting, diarrhea, not used if family history of medullary thyroid ca
- [Saxenda Cares Link](#)

Wellbutrin/Naltrexone (Contrave)

- DIN Number: 2472945
- Indication: Chronic weight management in adults with obesity or overweight
- Mode of Action: Combination of bupropion and naltrexone; affects appetite and reward center in the brain
- Delivered via pills orally
- Possible Side Effects: Nausea, constipation, headache, increased blood pressure
- [Contrave Support Program Link](#)

Ozempic (Semaglutide)

- DIN Number: 2471477
- Indication: Treatment of Type 2 DM; Semaglutide approved for weight management.

- Mode of Action: Mimics hormone GLP-1 to increase feelings of fullness, slow gastric emptying, reduce appetite, and reduce blood sugar.
- Delivered subcutaneous weekly.
- Possible Side Effects: Nausea, vomiting, diarrhea, not used if family history of medullary thyroid cancer.

For Information Purposes Only