

Weight Management Medicine Options

Recommendations for Weight Management Medicines (WMM)

- ➔ Your provider will review all the medicines you are taking.
- ➔ You need to participate in an approved weight management program that targets all three aspects of weight management:

- 1. behavioral counseling
- 2. nutrition
- 3. physical activity



MOVE!® is the recommended VA weight management program.



Body-Mass Index (BMI) of 30 or greater

— OR —

BMI of 27 or greater with at least one weight-related health concern such as:

- high blood pressure
- previous heart attack or stroke
- type 2 diabetes
- obstructive sleep apnea
- metabolic dysfunction-associated steatotic liver disease (MASLD)
- high cholesterol
- osteoarthritis

Helpful Weight Management Resources



For information about the **MOVE!® program**, including apps, videos, and a workbook designed to support you with your weight management goals, visit:

www.move.va.gov



Scan QR code

Please contact your health care team with any questions or concerns, or talk to your **MOVE!® Coordinator** or VA Provider to find out how to get started.

Weight Loss Medication Chart

Medicine	Projected Weight loss	Administration	Potential Monitoring
Naltrexone/ bupropion (Contrave®)	After 3 months , weight loss should be at least 5% of your starting weight.	by mouth: 2 times a day	<ul style="list-style-type: none">• weight• blood sugar• blood pressure• regular pregnancy tests if applicable (Phentermine/Topiramate)• heart rate• blood tests• mood
Orlistat (Xenical®, Alli®)	After 3 months , weight loss should be at least 3% of your starting weight.	by mouth: 3 times a day	
Phentermine/ Topiramate (Qsymia®)	After 3 months , weight loss should be at least 3% of your starting weight.	by mouth: 1 time a day	
Liraglutide (Saxenda®)	After 4 months , weight loss should be at least 4% of your starting weight.	Injection under skin fold: 1 time a day	
Semaglutide (Wegovy®)	After 5 months , weight loss should be at least 5% of your starting weight.	Injection under skin fold: 1 time a week	
Tirzepatide (Zepbound®)	After 4 months , weight loss should be at least 5% of your starting weight.		

If you are not losing weight, talk with your health care team.

Participation in a comprehensive lifestyle intervention, like *MOVE!®*, is essential to weight management.

Side Effect Chart

Medicine ⁺	Common Side Effects		Serious Side Effects	
Naltrexone/ bupropion (Contrave®)	<ul style="list-style-type: none">• headache• feeling tired/weak• nausea or upset stomach• diarrhea or constipation	<ul style="list-style-type: none">• problems sleeping if you take the medicine too late in the day• dry mouth• dizziness	<ul style="list-style-type: none">• allergic reaction*• mood changes• faster heartbeat• high blood pressure	<ul style="list-style-type: none">• seeing or hearing things not there• liver problems• seizures
Orlistat (Xenical®, Alli®)	<ul style="list-style-type: none">• headache• nausea or vomiting• upset stomach, cramps, or gas	<ul style="list-style-type: none">• more frequent bowel movements• oily diarrhea	<ul style="list-style-type: none">• allergic reaction*• liver problems	
Phentermine/ Topiramate (Qsymia®)	<ul style="list-style-type: none">• constipation• headache• dizziness• changes in the way food tastes	<ul style="list-style-type: none">• numbness/tingling in the hands, arms, feet or face• dry mouth• trouble sleeping• feeling nervous	<ul style="list-style-type: none">• confusion• higher blood pressure• fast heartbeat• muscle pain, cramps or weakness	<ul style="list-style-type: none">• allergic reaction*• mood changes
Liraglutide (Saxenda®)	<ul style="list-style-type: none">• fast heartbeat• nausea or vomiting• low blood sugar• feeling tired or weak• headache	<ul style="list-style-type: none">• dizziness• dry mouth• upset stomach• injection site reaction• diarrhea or constipation	<ul style="list-style-type: none">• allergic reaction*• thyroid tumor• pancreatitis• kidney injury	<ul style="list-style-type: none">• mood changes• gallbladder disease
Semaglutide (Wegovy®)				
Tirzepatide (Zepbound®)				

⁺ Do not take any of these medicines while pregnant or breastfeeding, unless you have talked with your health care team. Contact your health care team immediately if you become pregnant, and inform them if you plan on breastfeeding. *Signs of an allergic reaction (examples: rash, itching, or trouble breathing)