

Truth About Weight®

Your Guide to Understanding Weight Management

Truth About Weight® is a comprehensive, web-based support program from Novo Nordisk for patients with obesity. Truth About Weight® provides a variety of resources that can help patients newly diagnosed with obesity as well as those who have been trying to manage obesity for years. Many of the resources are designed for you to share with your health care providers to help them form a customized obesity care plan.

What can be found on the Truth About Weight® website?

Free Obesity Management Tools



TrueWeight® Report, a personalized report to share with a qualified health care provider

- See patterns in your weight history
- Discover which weight-loss strategies work best for you
- Receive a personalized recommendation on best strategies to use going forward



BMI Calculator, to help health care professionals see whether you are carrying excess weight for your height



Obesity Care Provider Locator, to find a health care provider near you



Emails, to keep you up on leading-edge weight-loss science and help to start the right kind of conversations with a health care provider



Free Obesity Management Information



Treatment Options, a discussion of 7 options available to treat obesity

- Healthy eating and portion control
- Environmental changes
- Behavioral approaches
- Physical activity
- Medicine
- Surgical procedures
- Management of other health conditions



Advice from a leading expert on weight management



Narratives from real patients with obesity



Animation showing the forces of weight gain vs the forces of weight loss

A Road Map for the Weight Loss Journey



- How to get started
- How to build a support team
- How to receive full benefit from your insurance coverage
- A glossary of key terms you may hear on your journey

Find out more at www.TruthAboutWeight.com.