



GLP-1 drugs are changing the landscape for diabetes and obesity



FACT SHEET: NEW TREATMENTS TO MANAGE METABOLIC CHRONIC CONDITIONS

What is out there today?

There are drugs for diabetes and drugs for weight loss. The diabetes drugs help with weight loss as well.

GLP-1 drugs (semaglutide)

Wegovy

Approved by the FDA for obesity:

- People with a body mass index (BMI) of 30
- People who have a BMI of 27 or more who also have other conditions like diabetes, high blood pressure, or high cholesterol that make weight loss important
- Some obese children and teenagers over 12

Ozempic

Approved by the FDA for type 2 diabetes but is being prescribed off label as a weight loss drug

Tirzepatide

Mounjaro

Approved by the FDA for type 2 diabetes but is now being considered for approval as a weight-loss drug as well, given dramatic results at key trials

How do they work?

Weekly injections of obesity drugs slow down digestion and lower blood sugar, creating feelings of satiety and reducing appetite.

What are the potential results?

Dramatic weight loss and better cardiovascular health, including:

- Possible loss of up to 15% to 20% of body weight
- Lower blood pressure
- Lower cholesterol
- Reduction in fatty liver disease
- Lower blood sugar

What are the possible side effects?

Possible side effects include:

- Gastrointestinal issues (diarrhea, vomiting, nausea, and more)
- Decrease in muscle mass and bone density
- Lower resting metabolic rate
- "Wegovy or Ozempic face" - looking gaunt due to rapid weight loss

Other complications include:

- Increased risk of thyroid cancer
- Acute pancreatitis
- Gallbladder disease
- Low blood sugar
- Kidney injury
- Damage to the eye's retina
- Suicidal thinking or behavior

Note: These medications may be contraindicated in pregnancy and some manufacturers recommend stopping them at least 2 months before planning to have a baby.

Are these drugs available to lose a little weight?

These are not medications to be taken by nondiabetic people who do not have obesity.

What about cost and coverage?

These drugs can cost more than \$15,000 a year if not covered by insurance.

Do most insurers cover these drugs?

Insurance coverage varies, but weight loss drugs are covered less than diabetes drugs

What happens when people go off these drugs?

Without lifestyle changes, many regain the weight and along with associated health complications.

Will there be less emphasis on exercise?

People will still need to eat healthy, low-calorie food and exercise regularly.

Will people still need to actively manage diabetes?

It's important for diabetics to stay on top of blood glucose numbers, monitor A1c, and take insulin if necessary.

How can benefits leaders influence lifestyle changes, both on and off weight loss drugs?

Digital health solutions can help behavior change that lasts, with personalized support for long-term success. Using data collection and intelligence, we know how to better predict and recommend the right path for each person at the right time. Harnessing the power of digital health is a great way to ensure the unique health needs of your population are met.

References

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About Dario

Founded in 2011 as a direct-to-consumer digital health provider, Dario perfected its solution with real users before selling to employers, health plans, and providers. Dario's proven and popular solution makes it easy for people to care for their health, with continuous and connected digital support that meets and anticipates individual needs, understands personal motivators, and facilitates engagement and behavior change.

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*Based on respondents who made or are planning to make changes to vendor partners over the next two years. © 2023 DarioHealth Corp.

