

cheqop

# Your Guide to the Wegovy Pill

From your first dose to long-term success

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# Welcome to your weight health journey

Weight health is rarely as simple as eating less and moving more. Busy lives, changing routines, stress, sleep, appetite and many other factors can all influence our relationship with food and our ability to maintain a healthy weight. Research continues to show that body weight is regulated by far more than willpower alone.<sup>1-2</sup>

The Wegovy Pill (oral semaglutide) provides a new treatment option for people looking to improve their weight health. By helping to regulate appetite, it can support weight loss alongside lifestyle changes. At CheqUp, lasting success means more than medication alone.



**As healthcare professionals, our responsibility extends beyond prescribing medication. We are committed to helping people access safe, evidence-based treatment while supporting them to build the knowledge, confidence and habits that contribute to long-term success.**

*Andre da Silva Lage, Superintendent Pharmacist*

Alongside our clinical care, our Health Coaching team provides practical guidance to help you build sustainable habits and make treatment work in everyday life.

## Your Guide to the Wegovy Pill

This guide has been created to help you understand appetite, what to expect from treatment and how to make the most of the opportunities treatment can create.



### **A new chapter in weight health**

Over the last few years, GLP-1 (glucagon-like peptide-1) medications have significantly advanced the way we approach obesity and weight health. Until recently, these treatments were only available as injections. While injectable GLP-1 medications have helped many people achieve excellent results,<sup>3</sup> Some people prefer not to use injections, while others are looking for an option that fits more easily into their daily routine.

In June 2026, the MHRA approved the UK's first oral GLP-1 treatment for weight loss.<sup>4</sup> The Wegovy Pill contains

semaglutide, the same active ingredient used in Wegovy injections, but in a once-daily tablet form. This approval provides a new treatment option for people looking to improve their weight health.

**Whether treatment comes as a tablet or an injection, the aim is to help you achieve meaningful improvements in weight and overall health.**

### **Your journey, your goals**

Take a moment to think about what success looks like for you. It might be better health, more energy, greater confidence, or simply spending less time thinking about food. Whatever your goal, your journey should reflect what matters most to you.

# Choosing the right treatment for **you**

Weight loss treatments continue to evolve, giving people more choices than ever before. Understanding the differences between the available options can help you decide which approach may best fit your needs and lifestyle.

|                     | Wegovy Pill (25mg)  | Wegovy injection (7.2mg) | Mounjaro injection (15mg) | Foundayo           |
|---------------------|---|--------------------------|---------------------------|--------------------|
| Route               | Once-daily tablet   | Weekly injection         | Weekly injection          | Once-daily tablet  |
| Average weight loss | 16.6% <sup>5</sup>  | 20.7% <sup>6</sup>       | 22.5% <sup>7</sup>        | 11.2% <sup>8</sup> |
| Storage             | Room temperature  | Refrigerated             | Refrigerated              | Room temperature   |
| Sharps disposal     | Not required  | Required                 | Required                  | Not required       |
| Fasting required    | 8-hour fast before pill; then wait 30 minutes to eat or drink | No                       | No                        | No                 |
| UK approval status  | Approved June 2026  | Approved January 2026    | Approved November 2023    | Not yet approved   |
| Active ingredient   | Semaglutide   | Semaglutide              | Tirzepatide               | Orforglipron       |

At time of writing, Foundayo is not yet available

Clinical studies suggest that the Wegovy Pill can achieve weight loss outcomes broadly comparable to standard-dose Wegovy injections when combined with lifestyle support. For many people, this makes it an effective alternative to injections.

## Your Guide to the Wegovy Pill

It is important to recognise that the highest-dose injectable treatments currently available tend to achieve greater average weight loss than oral semaglutide. However, treatment success is not measured by weight loss alone. Convenience, confidence, treatment preferences and long-term adherence all play an important role in finding the right treatment for you.



### **Switching from injections to the Wegovy Pill**

The Wegovy pill offers a needle-free alternative to weekly weight loss injections. Both Wegovy treatments contain the same active ingredient, semaglutide, and work in similar ways to support appetite regulation and weight loss.

If you are currently using weight loss injections and are considering switching, our Clinical Team can help. We have a clinician-led switching protocol and will review your current treatment to ensure the Wegovy Pill is a safe and appropriate option for you.

### How the switching process works

Do not take weight loss injections and the Wegovy Pill at the same time.

If switching is appropriate, your Clinician will provide personalised guidance. In many cases:

- Take your final scheduled injection as normal
- Wait seven days after your last injection
- Begin taking the Wegovy Pill once daily, following the instructions provided

This waiting period helps avoid overlapping treatment, as semaglutide remains in the body for some time after an injection.

Some people notice an increase in appetite during the transition period between treatments. This is temporary and does not mean the medication has stopped working.



### Is the Wegovy Pill right for you?

The best treatment is the one that fits your life and works for your body. While the Wegovy Pill may be an excellent option for some people, another treatment may be more suitable for others.

#### The Wegovy Pill may suit you if you:

- Have a BMI of 30 or above, or 27 or above with a weight-related health condition
- Find injections a barrier to starting or continuing treatment
- Travel frequently and prefer not to store medication in the fridge
- Value the convenience and discretion of a daily tablet
- Can follow the morning administration instructions consistently

#### The Wegovy Pill may not be right for you if you:

- Have a history of pancreatitis, or severe kidney or liver impairment
- Pregnant, breastfeeding or planning to become pregnant
- Would find the morning fasting routine difficult to follow
- Currently using a higher dose of Mounjaro and prioritising the highest average weight loss outcomes available

Our Clinical Team will review your medical history and treatment goals as part of the prescribing process and help you decide which option is most appropriate for you.

### Medication interactions

The Wegovy Pill is suitable for most people who meet the prescribing criteria. However, some medications may require a little extra planning.

**Levothyroxine (thyroid medication):** Both medications need to be taken on an empty stomach. If you take levothyroxine, your Clinical Team will advise on the best timing and whether any additional monitoring is needed.

**Oral bisphosphonates (bone density medications):** These medications also need to be taken while fasting with water only. If you take one of these medicines, your Clinical Team will talk you through the best way to fit both treatments into your routine.

These are not the only medications that may require additional consideration. When completing your medical assessment, please tell your CheqUp Clinician about all medications you take, including prescription medicines, supplements and over-the-counter treatments. The more they know about your medical history and current medications, the better they can ensure treatment is safe and appropriate for you.

**Pregnancy:** The Wegovy Pill should not be used during pregnancy. If you are planning a pregnancy, treatment should be stopped at least two months beforehand. If you are pregnant, breastfeeding or trying to conceive, speak to your Clinical Team before starting or continuing treatment.

### **Future treatment options**

The field of obesity treatment continues to evolve. Orforglipron, developed by Eli Lilly, is a once-daily oral GLP-1 treatment that requires no fasting and can be taken at any time of day, with or without food. In clinical trials, participants lost an average of 11.2% of their body weight over 72 weeks.<sup>8</sup>

Early data also suggests it may have a role in helping people maintain progress after moving away from injectable treatment, supporting the idea that stepping down to a different treatment can be more effective than stopping altogether.<sup>9</sup>

Orforglipron is not yet licensed in the UK. As new treatments become available, we will continue to review the evidence and keep members informed about future options.

# Looking at the evidence

**Whenever a new treatment becomes available, the first question most people ask is straightforward: Does it actually work?**

The approval of the Wegovy Pill was based on a clinical trial programme designed to assess both its safety and effectiveness. One of the key studies, OASIS 4, followed 307 adults living with obesity or overweight and at least one weight-related health condition over 64 weeks.

Participants who followed treatment as directed while taking 25mg of oral semaglutide achieved an average weight loss of 16.6% of their starting body weight.<sup>5</sup> Treatment was combined with a structured lifestyle intervention that included dietary counselling, physical activity targets of at least 150 minutes per week and ongoing support throughout the study. Across all participants in the study, average weight loss was 13.6%, compared with 2.2% in the placebo group.<sup>5</sup>

| Weight loss achieved | Oral Semaglutide 25mg | Placebo |
|----------------------|-----------------------|---------|
| 5% or more           | 76%                   | 31%     |
| 10% or more          | 60%                   | 14%     |
| 15% or more          | 47%                   | 6%      |
| 20% or more          | 28%                   | 3%      |

Source: OASIS 4 Phase 3 trial, 64 weeks.<sup>5</sup>

A treatment you take reliably every day is likely to be more effective than one you find difficult to maintain. For some people, the Wegovy Pill removes a significant barrier to treatment by offering a needle-free alternative. For others who are already doing well on an injectable treatment, switching may not be the right choice.

Individual results vary, and factors including adherence, lifestyle changes and how your body responds to treatment all play a role. These findings show what oral GLP-1 treatment can achieve when combined with healthy lifestyle changes and the right support.

Clinical studies help us understand what may be possible with treatment. But they do not always tell us what treatment feels like in everyday life.

So what changes do people actually notice?

### **From research to real life**

For many people, the first changes are not seen on the scales.

They are noticed at the dinner table, in the supermarket, during a busy day at work or in those moments when food would normally dominate their thoughts.



Some people find they feel satisfied sooner during meals. Others notice they are snacking less often, leaving food on their plate for the first time in years or feeling less drawn to foods they previously found difficult to resist.

Many also describe a reduction in food noise. The constant mental conversation about what to eat, when to eat and how much to eat becomes less demanding, making it easier to approach food with greater awareness and intention.

Everyone's experience is different. Some people notice changes quickly, while for others they develop more gradually as treatment progresses.

### **Looking beyond the scales**

While weight loss is often the goal, many members notice benefits that go far beyond the number on the scales.

For some, it means having more energy, sleeping better or feeling more confident. Others find they can move more comfortably, keep up more easily with family life or return to activities they had been avoiding.

Research shows that meaningful weight loss through GLP-1 treatment can significantly reduce joint pain and improve physical function,<sup>10</sup> and is associated with a 20% reduction in the risk of serious cardiovascular events in people with existing heart disease.<sup>11</sup>

The improvements that have the greatest impact on daily life are often the most meaningful of all.

# Understanding the change

The Wegovy Pill works by supporting one of the body's natural appetite-regulating systems.

It contains semaglutide, a medication that mimics the action of GLP-1, a hormone naturally released after eating. It helps communicate with the brain and digestive system, contributing to feelings of fullness and satisfaction after a meal.<sup>12-13</sup>



By strengthening these natural signals, semaglutide helps support appetite regulation.<sup>14-15</sup>

With less hunger, fewer cravings and less food noise, some people find it easier to make more intentional food choices, be more mindful around alcohol and build routines that support their health. Nutrition, movement, sleep, stress management and daily habits continue to play an important role in long-term progress.<sup>16-17</sup>

**The medication may help create the conditions for change, but lasting success is built through the choices and behaviours that follow.**

### Wegovy may help with:

- Reduced hunger
- Fewer cravings
- Less food noise
- Increased fullness
- Appetite regulation

### You still play an important role in:

- Balanced nutrition
- Regular movement
- Good-quality sleep
- Stress management
- Healthy habits and routines

## Understanding weight loss progress

Weight loss during the early months is rarely linear. Many people notice a more rapid initial change in the first four to six weeks as appetite reduces and eating patterns begin to shift. Progress then often settles into a steadier pace as the body adapts.

Periods where weight loss slows or temporarily stalls are common and do not mean treatment has stopped working. If you are concerned about your progress, your Clinical Team and Health Coach are there to help.

The most important measure during these early months is not the speed of weight loss, but consistency: building the habits and routines that support progress over time.

# Support beyond the prescription

Every CheqUp membership includes access to a clinical team and a dedicated Health Coach, because lasting success is about more than medication alone.

**Our clinical team** manages the medical aspects of your care, including prescribing, dose increases, treatment monitoring and any questions or concerns about side effects.

**Our Health Coaches** focus on the practical side of the journey. You have access to ongoing one-to-one support and follow-up appointments, allowing you to ask questions, overcome challenges and adapt your approach as your needs change.

They can help you with:

- Building routines that fit your lifestyle
- Nutrition and meal planning tailored to your preferences
- Navigating social events, holidays and eating out
- Staying motivated during plateaus
- Managing setbacks and challenges
- Developing sustainable habits for long-term success

**The Weight Watchers app** can help you track, put new habits into practice with meal inspiration, recipes, and practical support between appointments. Think of it as a practical companion to the support you receive from your Health Coach and clinical team.

# Your first few months on treatment

Starting treatment is often a period of adjustment. Oral semaglutide is introduced gradually through a process known as dose titration, which helps your body adjust to the medication and reduces the likelihood of side effects such as nausea.



Appetite changes often develop gradually rather than overnight. Some people notice changes within the first few weeks, while others find the effects become more noticeable as they move through the dose escalation schedule.

### **Starter dose (1.5mg): Days 1–30**

- Your body begins adapting to treatment
- Nausea is most common during this stage and often improves within a few weeks
- Focus on building a consistent morning routine

### **Step up (4mg): Days 31–60**

- Usually well tolerated if the starter dose has been managed comfortably
- Some people begin to notice early changes in appetite, fullness and food choices.

### **Step up (9mg): Days 61–90**

- Appetite changes may become more noticeable as treatment progresses
- Some people find it easier to feel satisfied with smaller portions and experience less food noise

### **Target dose (25mg): Day 91 onwards**

- Target treatment dose for most people
- Some people may remain on a lower dose for longer if needed



## When things do not feel quite right

Not everyone experiences side effects during treatment. Many people tolerate the Wegovy Pill well, particularly when the medication is introduced gradually and taken as directed.

| Side Effect           | Self-Care Tips   |
|-----------------------|--|
| Nausea                | Eat slowly, choose smaller meals, avoid rich or greasy foods and stay hydrated.                |
| Constipation          | Increase fluids, include fibre-rich foods where tolerated and keep moving throughout the day.  |
| Diarrhoea             | Stay hydrated and choose simple, easy-to-digest foods until symptoms settle.                   |
| Indigestion or reflux | Avoid large meals, eat more slowly and avoid lying down immediately after eating.              |
| Bloating              | Smaller meals, regular movement and avoiding overeating may help.                              |
| Tiredness             | Ensure adequate hydration, nutrition, sleep and recovery while your body adjusts to treatment. |

For most people, these symptoms are mild to moderate, temporary and improve as the body adapts to treatment.

### **If you are switching from Wegovy injections**

Side effects with the Wegovy Pill are broadly similar to those seen with the injection. However, nausea and vomiting may be slightly more common with the tablet form. This is related to the way the tablet is absorbed through the stomach lining and is not a sign that something is wrong or that treatment is not working.

If you find the oral form harder to tolerate than the injection, contact your clinical team. Remaining on a lower dose for longer is sometimes the right approach, and your clinician will advise.

### **When to seek medical advice**

Contact the CheqUp clinical team if you experience:

- Persistent vomiting
- Severe constipation that does not improve
- Symptoms that make it difficult to eat or drink
- Side effects that are affecting your daily life
- Signs of dehydration, such as dizziness, confusion or very dark urine

If side effects become difficult to manage, your clinical team can review your treatment and, if needed, adjust your dosing schedule.

If you experience severe or persistent abdominal pain, stop taking your weight loss treatment and seek urgent medical advice through NHS 111 or your GP.

## Building your morning routine

### Step 1: Your daily dose

Take the Wegovy Pill first thing in the morning after an overnight fast of at least eight hours.

- Take with up to 120ml of plain water
- Swallow the tablet whole
- Do not crush, split or chew the tablet
- For the next 30 minutes, avoid food, drinks other than plain water, and other medications

Life gets busy. A few simple strategies can help:

- Keep your tablet on your bedside table so it is the first thing you see in the morning
- Take it before looking at your phone, getting up or doing anything else
- Set a daily reminder on your phone until the routine becomes automatic
- If you do miss a dose, skip it and resume the following morning at the usual time. Do not take a double dose to make up for a missed one

Linking your tablet to an existing morning habit, such as your alarm or brushing your teeth, can make it easier to remember and maintain over time.

### Step 2: Get ready for your day

Use the 30-minute wait to build a routine that works for you. You might shower, get dressed, prepare lunches, get the children ready for school, organise the day ahead or take a few moments for gentle stretching or a short walk before breakfast.

**Step 3: A balanced start to the day**

Once the 30-minute wait is complete, your morning drinks, whether that is coffee, tea or water, are completely fine alongside breakfast.

Some mornings, you may have time to sit down and enjoy breakfast. On other days, a quick option may be all that is practical. Both can work. The goal is not to eat perfectly, but to nourish your body consistently.

| If appetite is low                  | If you feel ready for more        |
|-------------------------------------|-----------------------------------|
| Greek yoghurt with berries and nuts | Eggs or tofu on wholegrain toast  |
| Protein shake and fruit             | Overnight oats with Greek yoghurt |
| Cottage cheese and fruit or toast   | Porridge with nuts and seeds      |
| Boiled eggs                         | Smoked salmon and eggs on toast   |

As your appetite decreases, every mouthful becomes an opportunity to provide your body with the nutrients it needs to support energy levels, muscle health and long-term success.<sup>12-13</sup>

# Foundations for long-term success

## Nutrition

The goal of treatment is not simply to eat less. It is to build eating habits that support your health and fit your lifestyle.

Aim for regular meals, even if they are smaller than usual. This can help support energy levels, nutrition and muscle health.<sup>18</sup>

A simple approach is to build your plate around:

- Protein (such as chicken, fish, eggs, Greek yoghurt, tofu or beans)
- Complex carbohydrates (such as oats, wholegrains, potatoes or rice)
- Vegetables or salad
- Healthy fats (such as nuts, seeds, olive oil or avocado)

Protein is particularly important during weight loss as it helps support fullness and preserve muscle mass.<sup>19</sup>



Carbohydrates are not the enemy. Choosing higher-fibre options such as oats, sourdough bread, wholegrains, beans, lentils, potatoes with the skin on and lentil-based or high-protein pasta can help support energy levels and keep you feeling satisfied for longer.<sup>20-21</sup>

Vegetables and healthy fats do more than add nutrients to your plate. They can help make meals more colourful, enjoyable and satisfying, making healthy eating easier to maintain over time.



**Many members start treatment expecting a list of foods they can and cannot eat. What I often tell members is that nutrition does not have to be all or nothing. You can still enjoy your family meals, celebrations and your favourite foods.**

**The goal is not to create a perfect diet. It is to build eating habits that feel realistic, enjoyable and sustainable for the long term.**

*Jahanvi, Associate Nutritionist*

## Hydration

Staying hydrated is an important part of treatment. As appetite changes, some people find they eat and drink less than usual, while side effects such as nausea, vomiting, diarrhoea or constipation can make hydration even more important.<sup>23-24</sup>

As a general guide, aim for around two litres of fluid per day, although individual needs may vary.<sup>25</sup> Water is usually the best choice, but sugar-free squash, herbal teas and other low-calorie drinks can also contribute.

A simple habit, such as keeping a water bottle nearby and taking regular sips throughout the day, can make staying hydrated easier.

## Movement and muscle Health

Physical activity supports your health in more ways than most people realise. It helps maintain muscle mass, supports mental wellbeing,<sup>26</sup> improves sleep,<sup>27</sup> increases energy levels and can make everyday life feel easier.

During weight loss, the body can lose both fat and muscle.<sup>28-29</sup> Staying active, particularly through activities that build or maintain strength, can help protect muscle throughout treatment.

Movement can take many forms, including walking, everyday activities, swimming, cycling, strength training at home or any form of exercise you enjoy.



**Many people believe they need to spend hours in the gym to see results. What I often remind clients is that strength and fitness are built through consistency, not perfection.**

**Whether it's a short strength session at home, a walk around the neighbourhood or a fitness class you enjoy, the best form of movement is the one you can realistically maintain.**

**Start where you are, build gradually and focus on progress rather than perfection.**

*Goda, Health Coach and Personal Trainer*

Including some form of strength-based activity can help maintain muscle mass during weight loss.<sup>30</sup> Bodyweight exercises, resistance bands and other activities that challenge your muscles all count.

Choose activities you enjoy.<sup>31</sup> The movement you look forward to is the movement you are most likely to continue.

## Sleep and recovery

Sleep plays an important role in energy levels, mood, recovery and overall well-being.<sup>32-33</sup>



Aiming for a consistent sleep routine, limiting caffeine later in the day and creating a relaxing bedtime routine can all help improve sleep quality.

Recovery is an important part of progress, too. Rest days, good-quality sleep and allowing your body time to recover support both physical and mental wellbeing.

## Your relationship with food

Food is about much more than nutrition. It can be part of celebrations, family traditions, culture, comfort and connection. We often eat for reasons beyond physical hunger, and that is a normal part of being human.

While the Wegovy Pill may help regulate appetite, it does not remove the emotions, stress or habits that influence eating.<sup>34-35</sup> As appetite changes, some people find they become more aware of the different reasons they eat.

You might find it helpful to pause and ask yourself:

- Am I physically hungry?
- Am I eating out of habit?
- Am I feeling stressed, bored, tired or emotional?
- What do I need right now?

Sometimes the answer is food. Sometimes it may be a walk, a conversation with a friend, a glass of water, a few deep breaths or a few minutes doing something you enjoy.

A healthy relationship with food includes flexibility, enjoyment and balance. There may be times when sharing a dessert with friends, enjoying a family meal or having your favourite takeaway is exactly the right choice.

The aim is to make these decisions intentionally, rather than feeling controlled by habits, cravings or guilt.<sup>36</sup>

# Ready to start your journey?

## **Getting treatment safely**

If you are sourcing treatment independently, it is important to ensure your medication is prescribed by a qualified, UK-registered healthcare professional and dispensed by a GPhC-registered pharmacy, such as CheqUp. This helps ensure that what you receive is genuine, safe and appropriate for your individual needs.

When choosing a provider, look for organisations that carry out appropriate medical screening, verify your identity and operate within UK regulatory standards. Where clinical services are provided, check that the organisation is appropriately regulated, for example by the Care Quality Commission (CQC).

Be cautious of medications advertised through social media, online marketplaces or unregulated websites. Counterfeit GLP-1 medications exist and carry serious risks. If you are ever unsure about a provider or a product, speak to a healthcare professional before starting treatment.

At CheqUp, every prescription is assessed by a Clinician before it is dispensed. Your safety is not an afterthought. It is the starting point.

## **Your next step**

This is not about changing everything overnight.

The most successful journeys are often built on small, consistent steps taken over time. As you begin treatment, focus on learning what works for you, building routines that fit your lifestyle and being patient with the process.

The Wegovy Pill can support appetite regulation. Lasting success is built through the habits, skills and confidence you develop alongside it.

## Your Guide to the Wegovy Pill

You do not have to navigate any of it alone. Whether you need clinical guidance, practical advice or support building habits that last, the CheqUp team is here throughout.

**We look forward to supporting you in your next chapter of weight health.**



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