

SELECT RESOURCES TO SUPPORT TREATMENT OF OBESITY

RESOURCE	DESCRIPTION & LINK
CLINICAL RESOURCES	
Body Mass Index Calculator	Provides BMI calculation and the corresponding BMI category for adults \geq 20 years old. https://www.nhlbi.nih.gov/calculate-your-bmi
GLP-1RA and Dual GLP-1RA/GIP Conversions and Therapy Gap Guides	Wisconsin Academy of Family Physicians - GLP1-RA Equivalent Doses https://www.wafp.org/assets/files/pdfs/GLP%20equivalent%20Doses%20UPDATED%20chart.pdf
South Carolina Medicaid Documents	GLP-1 Receptor Agonists and GLP-1/GIP Receptor Agonists Criteria for Non-obesity Conditions https://southcarolina.fhsc.com/downloads/provider/SCRx_PAcriteria_GLP1s.pdf Nutritional Counseling Services https://provider.scdhhs.gov/internet/pdf/manuals/Physicians/Manual.pdf#46
Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)	A Primary Care Physician Talks about MASLD https://bit.ly/PCP_MASLD A Healthier Liver, A Healthier You Patient Handout https://bit.ly/healthier_liver
Obesity Treatment Algorithm	AACE/ACE – Algorithm for the Medical Care of Patients with Obesity https://www.endocrinepractice.org/cms/10.4158/EP161356.ESGL/asset/c4ebde53-be76-4e00-ad2c-3452142a4577/main.assets/gr6.jpg
Weight Bias and Stigma Training	Obesity Action Coalition (OAC) - Weight Bias in Healthcare https://www.obesityaction.org/wp-content/uploads/Weight-Bias-in-Healthcare.pdf
Veterans Administration Formulary for Weight Management Medications	VA National Formulary - August 2025 https://www.pbm.va.gov/nationalformulary.asp Pharmacy Benefits Management Services Academic Detailing Materials Weight Management: A VA Clinicians Summary: https://www.pbm.va.gov/PBM/AcademicDetailingService/Documents/508/IB10-1784_WeightMgmt-ClinicianSummary_P97235.pdf Weight Management Options (Patient Handout): https://www.pbm.va.gov/PBM/AcademicDetailingService/Documents/508/IB10-1160_WM-Patient_P96922.pdf
ONLINE WEIGHT LOSS SUPPORT FOR PATIENTS	
Tracking Apps and Tools	Diet and Fitness: MyFitnessPal Website - https://www.myfitnesspal.com/ iOS - https://apps.apple.com/us/app/myfitnesspal-calorie-counter/id341232718 Google Play - https://play.google.com/store/apps/details?id=com.myfitnesspal.android&hl=en_US Water: Plant Nanny iOS - https://apps.apple.com/us/app/plant-nanny-cute-water-tracker/id1424178757 Google Play - https://play.google.com/store/apps/details?id=com.fourdesire.plantnanny2&hl=en-US Sleep: Sleep Cycle Website - https://sleepcycle.com/ iOS - https://apps.apple.com/us/app/sleep-cycle-tracker-sounds/id320606217 Google Play - https://play.google.com/store/apps/details?id=com.northcube.sleepcycle&hl=en_US
Eating Healthy on a Budget	Shop Simple with MyPlate App Website - https://www.myplate.gov/app/shopsimple/desktop iOS - https://apps.apple.com/us/app/start-simple-with-myplate/id1469064093?ls=1 Google Play - https://play.google.com/store/apps/details?id=gov.usda.startsimple&hl=en_US&pli=1 USDA Food and Nutrition Service – Eat Healthy on a Budget https://myplate-prod.azureedge.us/sites/default/files/2024-06/TipSheet-23-Eat-Healthy-On-A-Budget.pdf Veterans Affairs – Thrifty Meal Plan https://www.nutrition.va.gov/docs/UpdatedPatientEd/ThriftyMealPlanMarch2020.pdf

SELECT RESOURCES TO SUPPORT TREATMENT OF OBESITY (CONTINUED)

RESOURCE	DESCRIPTION & LINK
MEDICATION EDUCATION	
Patient Handouts	Tirzepatide (Zepbound™) Kwikpen - https://pi.lilly.com/ca/zepbound-ca-pmi.pdf Vial - https://pi.lilly.com/us/zepbound-vial-us-ifu.pdf
	Semaglutide (Wegovy®) https://www.wegovy.com/content/dam/obesity/wegovy/images/pdf/US23SEM00540_WGV_QuickStartGuide_Digital_V3.pdf
	Liraglutide (Saxenda®) https://pro.aace.com/files/obesity/toolkit/saxenda_patient_info.pdf
	Phentermine (Adipex-P®) (Lomaira™) https://pro.aace.com/files/obesity/toolkit/phentermine_patient_info.pdf
	Phentermine-Topiramate (Qsymia®) https://pro.aace.com/files/obesity/toolkit/qsymia_patient_info.pdf
	Naltrexone-Bupropion (Contrave®) https://pro.aace.com/files/obesity/toolkit/contrave_patient_info.pdf
Injection Administration Videos	Tirzepatide (Zepbound™) https://zepbound.lilly.com/weight/how-to-use
	Semaglutide (Wegovy®) https://www.wegovy.com/taking-wegovy/how-to-use-the-wegovy-pen.html
Patient Savings Cards (For patients with valid prescription and commercial insurance)	Tirzepatide (Zepbound™) https://bit.ly/tirzepatide_savingscard
	Semaglutide (Wegovy®) https://bit.ly/semaglutide_savingscard
Safe Needle Disposal	Search for local disposal options: https://safeneedledisposal.org/states/south-carolina/
	South Carolina Department of Environmental Services https://des.sc.gov/sites/des/files/Documents/BLWM/Recycling/OR-0681.pdf For FREE stickers, call 1-800-285-5257 or email infectiouswaste@des.sc.gov with your name, address, and number of stickers requested. For questions regarding the “Get the Point” program, please call 803-898-0239
	NovoCare Novo Nordisk offers free sharps container to consumers of their products. Fill out the form at https://www.novocare.com/diabetes/resources/safe-disposal.html

KEY: BMI Body Mass Index Calculator; GLP-1RA GLP-1 receptor agonists; GIP Gastric inhibitory polypeptide; AACE/ACE American Association of Clinical Endocrinologists and American College of Endocrinology; VA Veterans Affairs; USDA U.S. Department of Agriculture

Scan for more tipSC Patient Handouts

