

Starting Wegovy®



Patient portrayal.

wegovy[®]care[®]

Patient Support Program

Sign up for FREE online support from WegovyCare[®]

WegovyCare[®] is a FREE patient support program that focuses on small steps to help you work towards your weight management goals while taking Wegovy[®].

Through WegovyCare[®],
some of the services available to you include:



Live support

Speak to a program educator for any questions about treatment and support



Coverage

Connect with a reimbursement navigator to see if you have private insurance



Helpful resources

Download information, read timely informative support articles, and watch a video on administering Wegovy[®]

**Enrol in the WegovyCare[®] Patient Support Program
by scanning this QR code with your smartphone
or by visiting wegovy.ca* today!**

Use this DIN to access patient materials: 02528509



WegovyCare[®] is valid for Canadian residents only. Program availability may change or end at any time at the manufacturer's discretion. For more details, see the Program terms and conditions.

* The website wegovy.ca is open to the general public.

DIN, drug identification number.

What’s in this brochure?

Get to know Wegovy®

What Wegovy® is used for.....	4
How is Wegovy® dosed?	5

How to take Wegovy® using the FlexTouch® pen

An overview of your Wegovy® FlexTouch® pen.....	6
How to take Wegovy®	6
How to use your Wegovy® pen	8
How to store the Wegovy® pen.....	9

Other helpful information about Wegovy®

Common side effects and how to manage them	10
Track your dose.....	11

This brochure is a general guide to Wegovy® and is not meant to replace the Patient Medication Information leaflet that came in your package of Wegovy®.

Please read the leaflet for complete information about what you should know when starting Wegovy®. If you have any more questions, please talk to your doctor.



Get to know Wegovy®

With your prescription, you and your doctor have decided to make Wegovy® a part of your weight-management journey. To help get you started, this brochure contains some useful information about this medication.

Wegovy® is just one part of your weight-management plan—eating healthy, staying active, and maintaining a positive attitude are all also important. Along with the support of your family, friends, and doctor, you can work towards your weight-management goals.

What Wegovy® is used for

In addition to a reduced-calorie diet and increased physical activity, Wegovy® is used for chronic weight management in adults, who have a BMI of 30 kg/m² or greater (with obesity), or a BMI of 27 kg/m² and less than 30 kg/m² (overweight) and weight-related health problems.

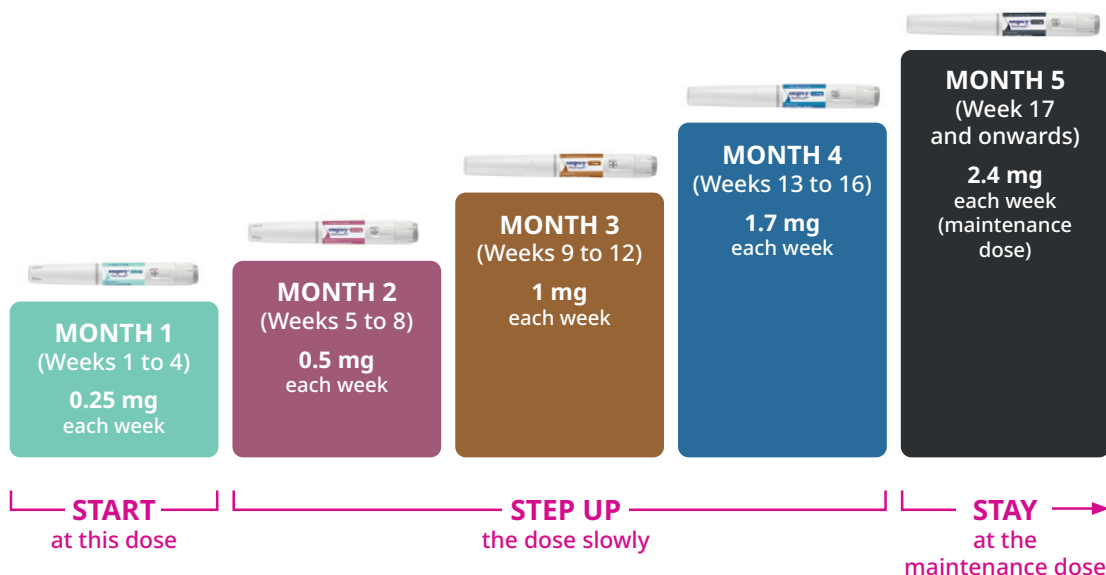
BMI, body mass index.



How is Wegovy® dosed

Wegovy® comes in five dosages.

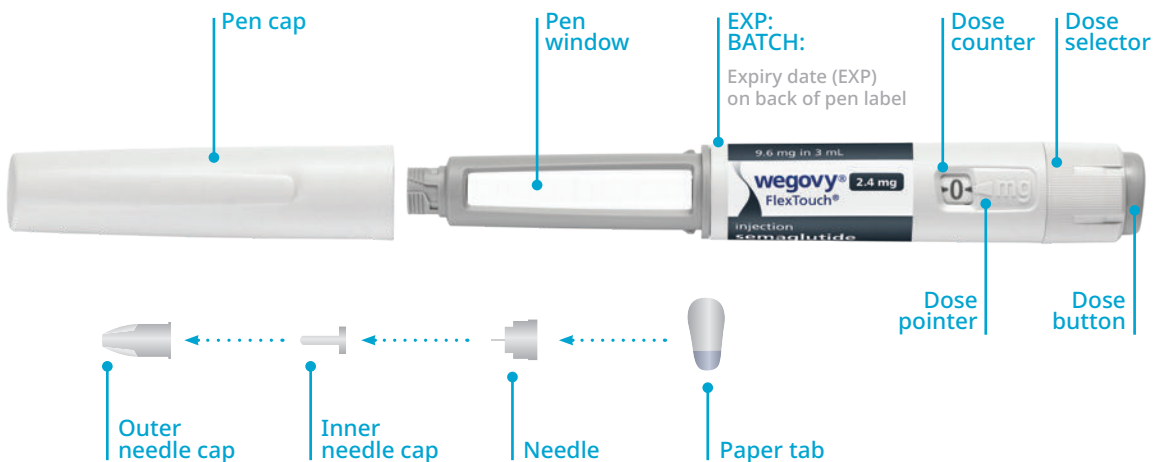
You will start Wegovy® at a low 0.25 mg dose which will be slowly increased over 16 weeks of treatment



Remember to always follow the dosing schedule recommended by your healthcare provider.

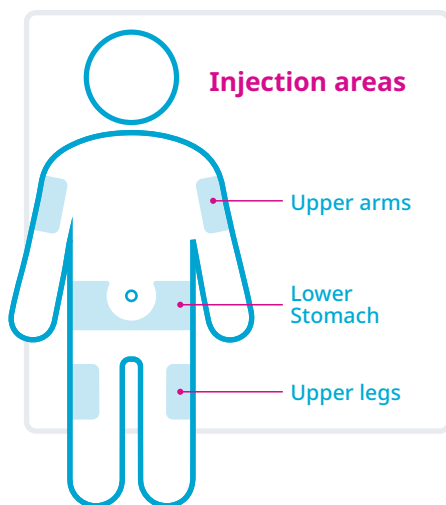
An overview of your Wegovy® FlexTouch® pen

Your Wegovy® medication comes in a multi-use, pre-filled FlexTouch® pen. Each pen contains four of your prescribed doses of Wegovy® for four once-weekly uses.



How to take Wegovy®

Wegovy® is taken as an injection under the skin (don't inject it into a vein or muscle). The best places to give the injection are your upper legs (the front of your thighs), your upper arms, and the front of your waist (abdomen) keeping a 5 cm distance from your belly button. Do not inject into an area where the skin is tender, bruised, red, or hard. Avoid injecting into areas with scars or stretch marks. You may inject in the same body area each week, but make sure it is not in the same spot each time.





**You should use Wegovy® once a week,
on the same day each week if possible.**

To help you remember what day to inject Wegovy®, consider writing down the day of the week you choose on the Wegovy® carton (e.g., Wednesday) and/or using the dose tracker on the back of this brochure.



**You can give yourself the injection at any time
of the day—regardless of meals.**

If necessary, you can change the day of your weekly injection of Wegovy® as long as it has been at least 3 days since your last injection of Wegovy®.

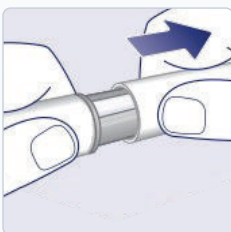


**Your doctor has likely already spoken to you
about a reduced-calorie meal plan and physical
activity program—stay on this program while
taking Wegovy®.**

Pr **wegovy**®
semaglutide injection

How to use your Wegovy® pen

Read the full instructions for use in the Patient Medication Information leaflet that came with your prescription before you start using Wegovy®. Before you use the pen for the first time, your healthcare professional will show you how to use it.



STEP 1

Prepare for the injection

- **Check the name and dose of your pen** to make sure it contains your prescribed dose of Wegovy®.
- Check that the Wegovy® in your pen is **clear and colourless**.
- **Take a new needle** package and tear off the paper tab.
- **Attach the needle** and pull off **both** needle caps.
- Never use a bent or damaged needle.



STEP 2

New pen? Check the flow

- With each **new pen**, **check the flow** by turning the dose selector to select the flow check symbol (••—).
- Press and hold the dose button until the dose counter returns to (—). A drop should appear at the needle tip, indicating your pen is ready for use.*

* If a drop does not appear, check the flow again. This should only be done twice. If there is still no drop, change the needle and check the flow once more. If a drop still does not appear, dispose of the pen and use a new one.

Reminder! You only need to check the flow if you are using a NEW pen. If your pen is already in use, DO NOT check the flow and move to STEP 3.



STEP 3

Select your dose

Turn the dose selector until the dose counter stops and it shows your prescribed dose (do not set the dose by counting the number of clicks you hear).†

† If the dose counter stops before you reach your prescribed dose, there is not enough medicine left for a full dose. Dispose of the pen and use a new Wegovy® pen.



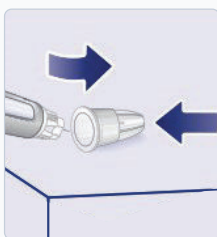
Check out this step-by-step video to learn how to use the Wegovy® pen.



STEP 4

Inject your dose

- **Inject your dose** by inserting the needle into your skin as your healthcare professional has shown you.
- Make sure you can clearly see the dose counter, then **press and hold down the dose button until the dose counter shows (-0-)**.
- **Keep pressing the dose button with the needle in your skin and slowly count to 6.**
- **Remove the needle from your skin.**



STEP 5

After your injection

- Put the **outer** cap back on the needle (never try to put the **inner** needle cap back on the needle).
- Carefully unscrew the needle and dispose of it.
- Put the pen cap back on.

Always dispose of the needle immediately after each injection (never store your pen with the needle attached).

How to store Wegovy®



Before first use

Store in a refrigerator (2 to 8 °C).

After first use

You can keep the pen for 8 weeks when stored at a temperature below 30 °C or in a refrigerator (2 to 8 °C).

- When you are not using the pen, keep the pen cap on in order to protect it from light.
- If your pen has been exposed to temperatures above 30 °C, has been out of the refrigerator for more than 8 weeks, or has been frozen, throw it out.
- Always remove the injection needle after each injection and store the pen without a needle attached. This may prevent blocked needles, contamination, infection, leakage of solution and inaccurate dosing.
- If you have to travel with your pen or leave it out for any reason, no need to worry. Wegovy® can be kept at room temperature below 30°C for up to 28 days.

Common side effects and how to manage them

Like all medicines, Wegovy® can cause side effects.

The most common side effects (may affect more than 1 in 10 people) include:

- Feeling or being sick (nausea or vomiting)
- Diarrhea
- Constipation
- Stomach pain
- Feeling weak or tired
- Headache

These side effects usually go away over time.

Other common side effects (may affect up to 1 in 10 people) include: Feeling dizzy; upset stomach or indigestion; burping; gas (flatulence); bloating of the stomach; inflamed stomach (“gastritis”), the signs include stomach ache, feeling sick (nausea), or vomiting; reflux or heartburn, also called “gastroesophageal reflux”; hair loss; injection-site reactions; low blood sugar (hypoglycemia) in patients with diabetes; low blood pressure; increase of pancreatic enzymes (such as lipase) shown in blood tests; hemorrhoids.

If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, talk to your healthcare professional.

Help manage some common side effects by following these lifestyle tips:

- Eat smaller meals
- Be mindful of eating when you are full
- Increase your water intake
- Limit high-fat and spicy foods
- Limit intake of fizzy drinks



Track your dose

Use this page to help you keep track of which day of the week you take your Wegovy®.

Week	Date	Dose (mg) CHECK ONE					Notes
		0.25	0.5	1	1.7	2.4	
Example	Monday, September 18	☒	☐	☐	☐	☐	Took my first dose of Wegovy® after reading my book around 8:45 p.m.
1		☐	☐	☐	☐	☐	
2		☐	☐	☐	☐	☐	
3		☐	☐	☐	☐	☐	
4		☐	☐	☐	☐	☐	
5		☐	☐	☐	☐	☐	
6		☐	☐	☐	☐	☐	
7		☐	☐	☐	☐	☐	
8		☐	☐	☐	☐	☐	
9		☐	☐	☐	☐	☐	
10		☐	☐	☐	☐	☐	
11		☐	☐	☐	☐	☐	
12		☐	☐	☐	☐	☐	
13		☐	☐	☐	☐	☐	
14		☐	☐	☐	☐	☐	
15		☐	☐	☐	☐	☐	
16		☐	☐	☐	☐	☐	
17		☐	☐	☐	☐	☐	
18		☐	☐	☐	☐	☐	
19		☐	☐	☐	☐	☐	
20		☐	☐	☐	☐	☐	

You're all set to embark on your weight-management journey with Wegovy®! Keep this page somewhere safe as a handy reminder.

Pr **wegovy**[®]
semaglutide injection

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version of this brochure.



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