

What to expect with WeGoTogether®

You've got your prescription for Wegovy® (semaglutide) injection 2.4 mg. Now it's time to get started with making some changes. And for that, you'll need some support.

WeGoTogether® offers free educational and skill-building resources designed to guide you as you work toward your weight-management goals.

Decide what type of support is right for you



Core Support Plus Coaching

For those looking for a one-on-one connection. This option includes extra resources from a Health Coach like personalized emails, texts, and calls.

- **Free** and flexible
- Check-in emails loaded with resources
- Your **Snapshot**, an on-demand progress report to share with your care team
- **My Library**, a collection of skill-building resources
- + A dedicated Health Coach you can text, email, or set up calls with on your schedule
- + Coach video lessons and goal tracker



Core Support

Comprehensive base features meant for everyone. This option includes tracking tools and resources on nutrition, exercise, and fitting Wegovy® into your life.

- **Free** and flexible
- Check-in emails loaded with resources
- Your **Snapshot**, an on-demand progress report to share with your care team
- **My Library**, a collection of skill-building resources

“WeGoTogether® is a powerful tool to help you reach your weight-management goals.”

—Pam, a mom of 2, grandmother to twins, and former athlete who has been taking Wegovy® since 2021*

*Real Wegovy® patient. Pam is compensated by Novo Nordisk.



What does support look like?
A look at the road ahead



Tip: If you're not sure, you can add coaching later.

What is Wegovy®?

Wegovy® (semaglutide) injection 2.4 mg is an injectable prescription medicine used with a reduced calorie diet and increased physical activity:

- to reduce the risk of major cardiovascular events such as death, heart attack, or stroke in adults with known heart disease and with either obesity or overweight.
- that may help adults and children aged 12 years and older with obesity, or some adults with overweight who also have weight-related medical problems, to help them lose excess body weight and keep the weight off.

Wegovy® contains semaglutide and should not be used with other semaglutide-containing products or other GLP-1 receptor agonist medicines.

It is not known if Wegovy® is safe and effective for use in children under 12 years of age.

Important Safety Information

What is the most important information I should know about Wegovy®?

Wegovy® may cause serious side effects, including:

- **Possible thyroid tumors, including cancer.** Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rodents, Wegovy® and medicines that work like Wegovy® caused thyroid tumors, including thyroid cancer. It is not known if Wegovy® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people
- Do not use Wegovy® if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)

Please see additional Important Safety Information throughout and the [Medication Guide](#) for Wegovy®.



You're Enrolled!

1

Getting to know you

We'll ask some questions about you, your routine, and what motivates you to build your personalized portal

With Plus Coaching, your Coach will use your answers from the profile questions to get to know you

Here's a lay of the land.

Let's look at the paths below. What you'll see is a breakdown of the topics covered and communications you'll get in each stage of the journey for both support options.

Along the light blue path, you'll find core support content available to all users. If you decide to add coaching, check out the dark blue path to see the extra content and communications personalized for you from your dedicated Health Coach.

Along the way, you'll see callouts for features of **WeGoTogether®** built to help you stay on track.

Ready to get started? Let's go.



Core Support



Plus Coaching

You'll schedule your first call with your Coach!



Your personalized portal

Portal home

After you finish answering the profile questions, you'll have a personalized home page to explore

Check out the optional tutorial



Keep going!

Important Safety Information (cont.)

Do not use Wegovy® if:

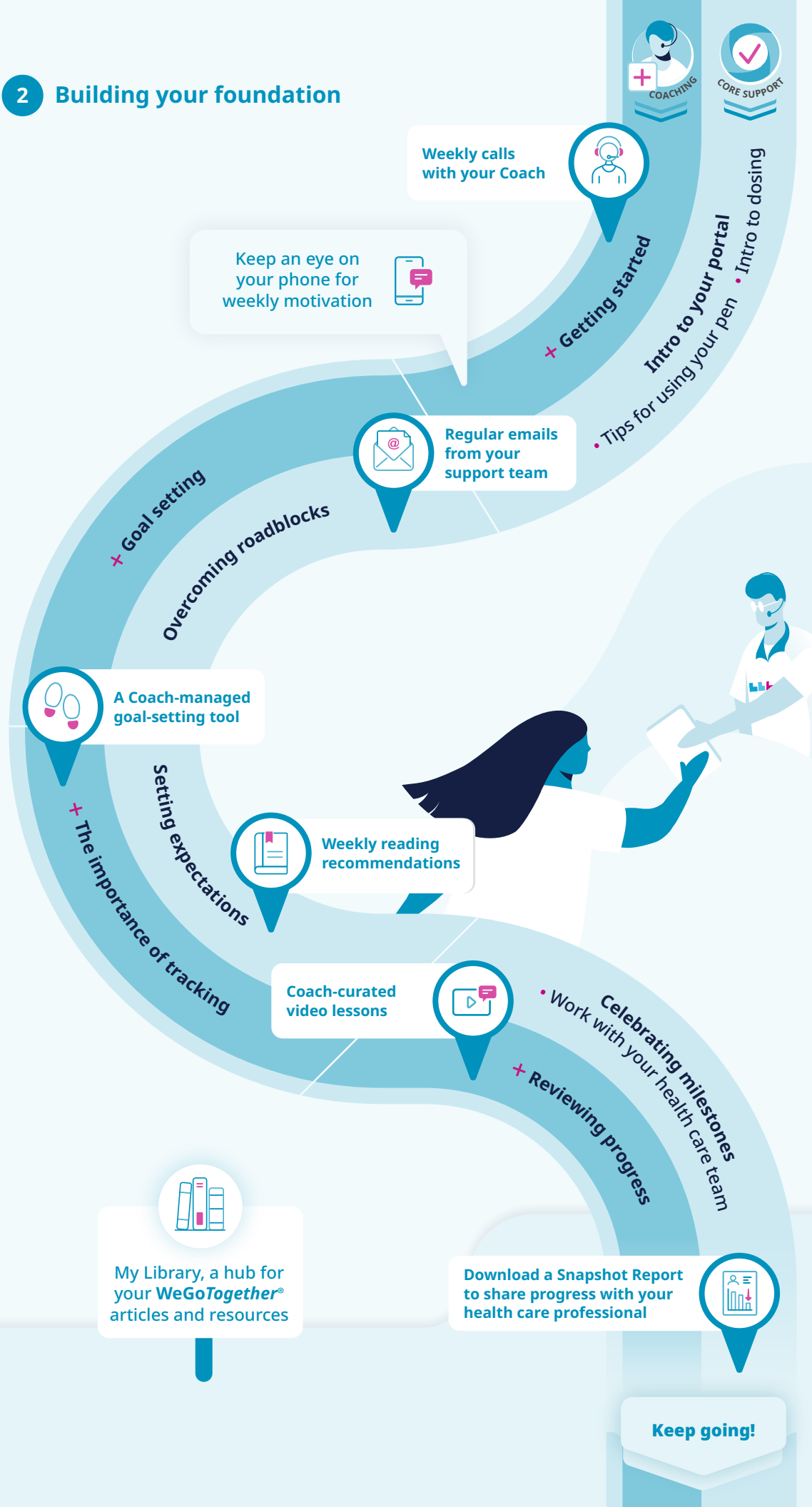
- you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)
- you have had a serious allergic reaction to semaglutide or any of the ingredients in Wegovy®

Before using Wegovy®, tell your healthcare provider if you have any other medical conditions, including if you:

- have or have had problems with your pancreas or kidneys
- have type 2 diabetes and a history of diabetic retinopathy
- have or have had depression, suicidal thoughts, or mental health issues
- are scheduled to have surgery or other procedures that use anesthesia or deep sleepiness (deep sedation)
- are pregnant or plan to become pregnant. Wegovy® may harm your unborn baby. You should stop using Wegovy® 2 months before you plan to become pregnant
- are breastfeeding or plan to breastfeed. It is not known if Wegovy® passes into your breast milk

Please see additional Important Safety Information throughout and the [Medication Guide](#) for Wegovy®.

2 Building your foundation



Important Safety Information (cont.)

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Wegovy® may affect the way some medicines work and some medicines may affect the way Wegovy® works. Tell your healthcare provider if you are taking other medicines to treat diabetes, including sulfonylureas or insulin.

Wegovy® slows stomach emptying and can affect medicines that need to pass through the stomach quickly.

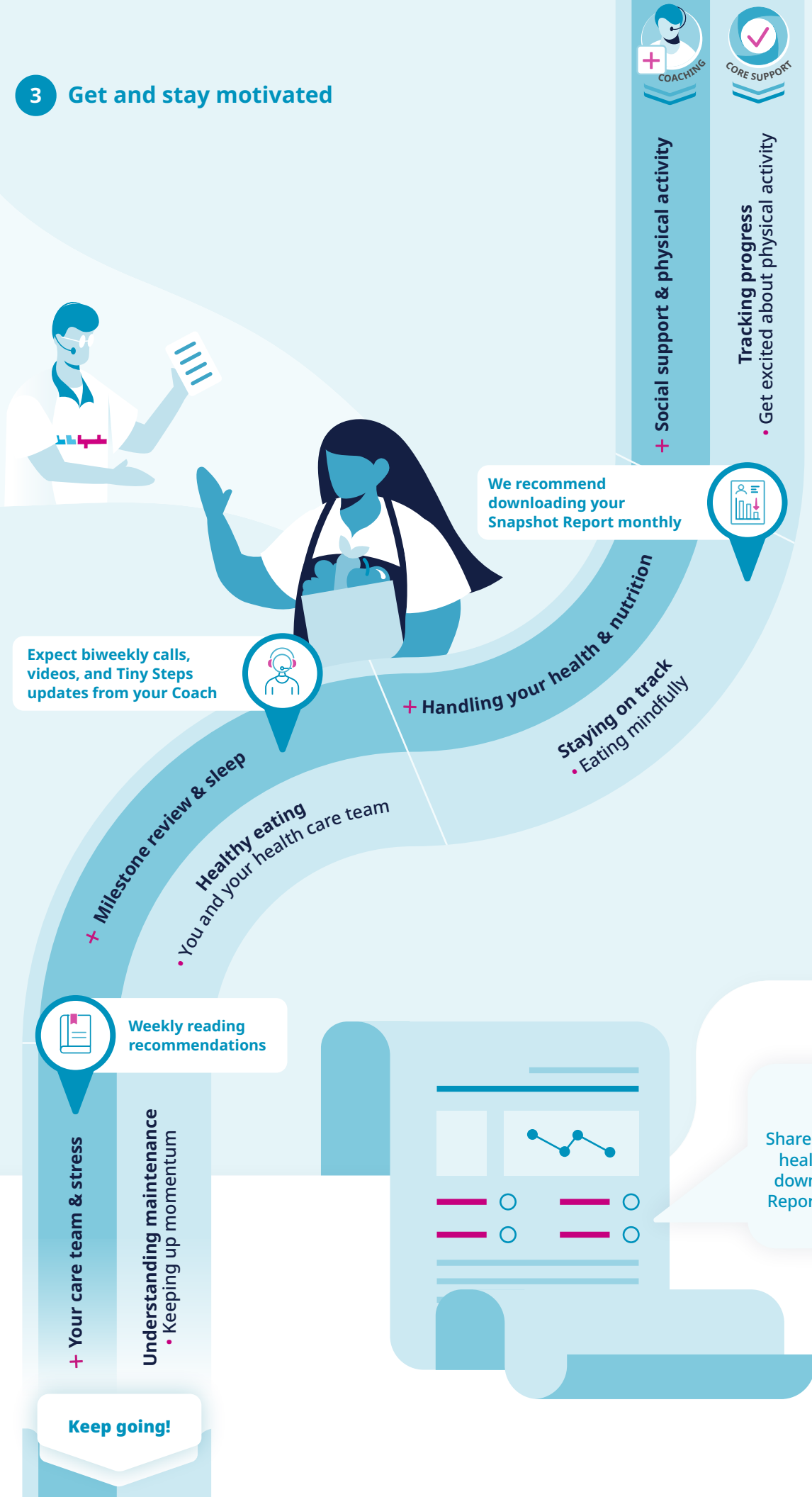
What are the possible side effects of Wegovy®?

Wegovy® may cause serious side effects, including:

- **inflammation of your pancreas (pancreatitis).** Stop using Wegovy® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back
- **gallbladder problems.** Wegovy® may cause gallbladder problems, including gallstones. Some gallstones may need surgery. Call your healthcare provider if you have symptoms, such as pain in your upper stomach (abdomen), fever, yellowing of the skin or eyes (jaundice), or clay-colored stools

Please see additional Important Safety Information throughout and the [Medication Guide](#) for Wegovy®.

3 Get and stay motivated



Important Safety Information (cont.)

- **increased risk of low blood sugar (hypoglycemia), especially those who also take medicines for diabetes such as insulin or sulfonylureas.** This can be a serious side effect. Talk to your healthcare provider about how to recognize and treat low blood sugar and check your blood sugar before you start and while you take Wegovy®. Signs and symptoms of low blood sugar may include dizziness or light-headedness, blurred vision, anxiety, irritability or mood changes, sweating, slurred speech, hunger, confusion or drowsiness, shakiness, weakness, headache, fast heartbeat, or feeling jittery
- **kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration

Please see additional Important Safety Information throughout and the [Medication Guide](#) for Wegovy®.



+ Budgeting for your goals

Using goal-setting tools

- Motivation tips

+ Celebrating change

- Focusing on progress

+ Mindfulness and self-care

+ Shopping, cooking, and meal prep

Lifestyle refresher

- Learn about protein
- Get started with MyPlate

+ Eating better away from home

Physical activity refresher

- Intro to resistance training



Coach calls scheduled at your request

+ Weight-loss stalls

Creating and keeping habits

- Try our habit-building activity

Keep going!



★
Access [My Library](#)
anytime

Important Safety Information (cont.)

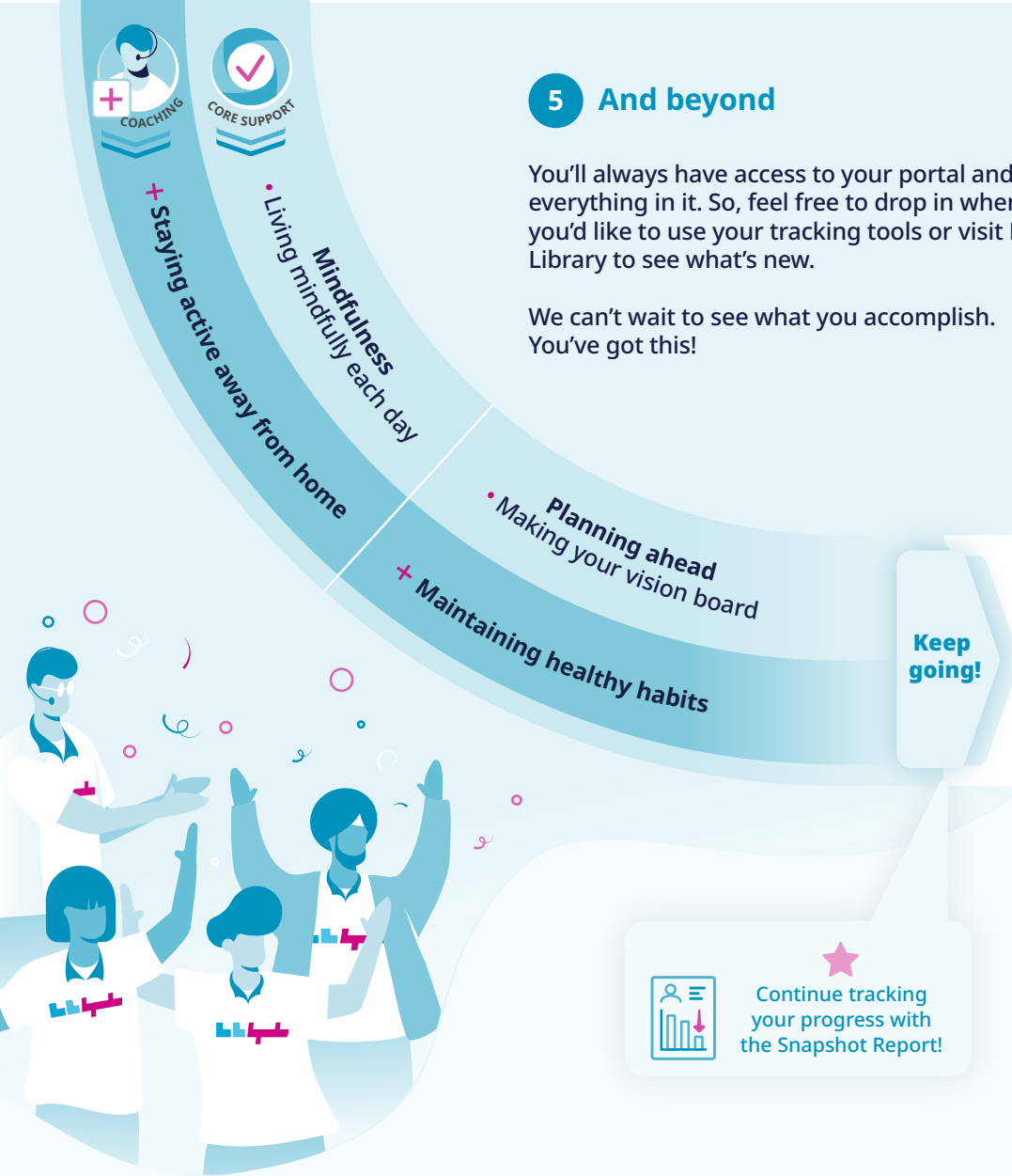
- **severe stomach problems.** Stomach problems, sometimes severe, have been reported in people who use Wegovy®. Tell your healthcare provider if you have stomach problems that are severe or will not go away
- **serious allergic reactions.** Stop using Wegovy® and get medical help right away, if you have any symptoms of a serious allergic reaction, including swelling of your face, lips, tongue, or throat; problems breathing or swallowing; severe rash or itching; fainting or feeling dizzy; or very rapid heartbeat
- **change in vision in people with type 2 diabetes.** Tell your healthcare provider if you have changes in vision during treatment with Wegovy®
- **increased heart rate.** Wegovy® can increase your heart rate while you are at rest. Tell your healthcare provider if you feel your heart racing or pounding in your chest and it lasts for several minutes
- **depression or thoughts of suicide.** You should pay attention to any mental changes, especially sudden changes in your mood, behaviors, thoughts, or feelings. Call your healthcare provider right away if you have any mental changes that are new, worse, or worry you

Please see additional Important Safety Information throughout and the [Medication Guide](#) for Wegovy®.

5 And beyond

You'll always have access to your portal and everything in it. So, feel free to drop in whenever you'd like to use your tracking tools or visit My Library to see what's new.

We can't wait to see what you accomplish. You've got this!



Important Safety Information (cont.)

- **food or liquid getting into the lungs during surgery or other procedures that use anesthesia or deep sleepiness (deep sedation).** Wegovy® may increase the chance of food getting into your lungs during surgery or other procedures. Tell all your healthcare providers that you are taking Wegovy® before you are scheduled to have surgery or other procedures

The most common side effects of Wegovy® may include:

nausea, diarrhea, vomiting, constipation, stomach (abdomen) pain, headache, tiredness (fatigue), upset stomach, dizziness, feeling bloated, belching, low blood sugar in people with type 2 diabetes, gas, stomach flu, heartburn, and runny nose or sore throat.

Please see additional Important Safety Information throughout and the Medication Guide for Wegovy®.

Wegovy® is a prescription medication.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call **1-800-FDA-1088**.



Jump in!

Now that you've got a better idea of what to expect with **WeGoTogether®**, why not take some time to explore the portal? Log in to your portal at <https://www.wegovy.com/login.html>

If you need assistance or have questions, you can call the **Wegovy® Navigation Line** at **1-833-4-WEGOVIY** (1-833-493-4689) Monday-Friday 9:00 AM to 6:00 PM ET.

WeGoTogether® is meant to complement, not replace, the guidance of your health care professional.

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ONCE-WEEKLY
wegovy®
semaglutide injection **2.4 mg**