



Thinking About GLP-1 Medications: A Patient Decision Aid

Possible Benefits:

- ✓ Improving control of chronic conditions (such as diabetes, obesity, high blood pressure, or cholesterol)
- ✓ Reducing long-term health risks (such as heart disease or stroke)
- ✓ Reducing the risk of obesity-related cancers
- ✓ Improving appetite regulation and feeling satisfied with meals
- ✓ Improving obstructive sleep apnea (OSA)
- ✓ Supporting healthier eating habits
- ✓ Better overall well-being and mood
- ✓ Feeling more energized

Possible Challenges or Considerations:

- ✓ Nausea, vomiting, constipation, or diarrhea
- ✓ Reduced appetite (you may need to plan meals carefully)
- ✓ Risk of low nutrient intake if food intake becomes very low
- ✓ Preserving muscle mass and strength during weight loss
- ✓ Cost, insurance coverage, or out-of-pocket expenses
- ✓ Long-term commitment
- ✓ Medication choice and delivery method (injectable vs oral)



Ask Yourself – Answer These Questions Honestly:

- Am I ready to eat balanced meals regularly and monitor protein and nutrients?
- Can I include strength and aerobic activity in my routine?
- Do I have support from family, friends, or a care team?
- Can I prioritize sleep and manage stress daily?
- Do I understand the need for follow-up appointments and lab checks?

Questions for My Clinician:

- What side effects should I expect, and how can we manage them?
- How will we protect my muscle mass and nutrition while using this medication?
- How will we know if this medication is helping me reach my health goals?
- What support is available from dietitians, exercise specialists, or behavioral health providers?

Medication Options and Delivery:

- What medication options are available, and which may best fit my health goals?
- What are the pros and cons of injectable versus oral options?
- Based on my health history, medications, and lifestyle, is one option a better fit?
- If I take an oral medication, what should I know about timing with food or other medications?

Cost and Coverage:

- Is this medication likely to be covered by my insurance?
- If not, what other options are available?



**THERE IS
NO RIGHT OR
WRONG CHOICE.**

The best decision matches
your health goals, values,
and readiness.