








Weight Management and GLP-1 Medications



Did you know that 42% of adults in the United States are obese?

There are many ways to address obesity and weight loss, including:

-  Diet and exercise
-  Weight loss programs and apps
-  Hypnosis
-  Surgeries
-  Medications

GLP-1 medications, such as Ozempic or Wegovy (semaglutide), are rapidly rising in popularity as a way to promote weight loss for those with a BMI greater than 30. These drugs mimic the glucagon-like peptide-1 (or GLP-1) hormone, which regulates blood sugar levels by stimulating insulin secretion and slowing stomach emptying.

Besides aiding weight loss, these medications are used to treat Type 2 diabetes, and may also help reduce heart disease and kidney disease, improve blood pressure and cholesterol levels, and lower stroke risk.

It's important to consult your primary care physician before starting any weight loss program or medication to ensure your individual health needs and medical history are taken into account.

Sources:

National Institutes of Health | Mayo Clinic | Harvard Health

Treatment Disclaimer: This material is for informational purposes and is not intended to be exhaustive nor should any discussions or opinions be construed as legal advice. Contact your broker for insurance advice, tax professional for tax advice, or legal counsel for legal advice regarding your particular situation. USI does not accept any responsibility for the content of the information provided or for consequences of any actions taken on the basis of the information provided. ©2025 USI Insurance Services. All rights reserved.