

Semaglutide for managing overweight and obesity

Information for the public

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Semaglutide (Wegovy) is available on the NHS as a possible treatment for managing weight alongside a reduced-calorie diet and increased physical activity in adults if:

- it is used for a maximum of 2 years, and within a specialist multidisciplinary weight management service, and
- they have at least 1 weight-related medical condition and:
 - a body mass index (BMI) of at least 35.0 kg/m², or
 - a BMI of 30.0 kg/m² to 34.9 kg/m² and meet NICE's criteria for referral to specialist weight management services.

Lower BMI thresholds (usually reduced by 2.5 kg/m²) are used for people from South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family backgrounds. Treatment may be stopped if less than 5% of the initial weight has been lost after 6 months of treatment with semaglutide.

If you are not eligible for semaglutide but are already having it, you should be able to continue until you and your doctor decide when best to stop.

Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. Read more about [making decisions about your care](#).

Questions to think about

- How well does it work compared with other treatments?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my day-to-day life?
- What happens if the treatment does not work?
- What happens if I do not want to have treatment? Are there other treatments available?

Information and support

The [NHS website](#) may be a good place to find out more.

These organisations can give you advice and support:

- [Obesity UK](#)
- [All About Obesity](#), admin@allaboutobesity.org
- [British Obesity Society](#), hello@thebos.org

You can also get support from your local [Healthwatch](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

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