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Your Results Report

Likely Eligible

You may qualify for medical weight loss medications, like GLP-1s

Your answers suggest you meet the guidelines for this type of treatment.

A healthcare provider can confirm and help you get started safely.

- Your BMI or type 2 diabetes meets medical guidelines for medical weight loss medications, like GLP-1s. These treatments can support healthy weight loss and better blood-sugar control.
- You haven't used this type of medication before. Your provider can explain how it works and help you start safely.
- Coverage varies by plan. Your care team can check insurance requirements and share cost-saving or patient-support options.

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Exercise

Moderate Risk ^

Weekly Exercise

Current

Equal to 100 min. (moderate)*
Moderate Risk

Recommended Goal

150 min. or more (moderate)**
Low Risk

A healthful diet and regular exercise can help with weight loss. The key is to exercise for enough minutes each week.

Regular physical activity can also improve blood pressure, cholesterol, and blood sugar.

*60 moderate + 60 vigorous = 180 min. moderate (each minute of vigorous exercise equals two minutes of moderate)

**The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.

Other Risk Factors



Existing Health Conditions	You Reported
Pancreatitis	<i>No</i>
Gallbladder disease	<i>No</i>
Type 1 diabetes	<i>No</i>
Diabetic eye disease	<i>No</i>
Kidney or liver disease	<i>No</i>
Other Risk Factors	You Reported
Personal or family history of thyroid cancer (MTC) or MEN2	<i>No</i>
Pregnant, breastfeeding or planning pregnancy	<i>No</i>
Upcoming anesthesia/sedation in next 1-2 weeks	<i>No</i>

GLP-1 medications may not be safe for everyone.

If any of the conditions listed above apply to you, talk with your healthcare provider. They can recommend other safe and effective ways to reach your weight and health goals.

Weight Loss Recommendation

Weight Loss Recommended

Your Weight Loss Recommendation

Only a health care professional can determine the ideal weight for you. This assessment uses body mass index (BMI) to estimate your healthy weight range. Your ideal weight may not fall within this range.

Watch Your Weight and Your Waistline

Carrying extra body fat—especially around your waist—can raise your risk for conditions like high blood pressure, heart disease, and type 2 diabetes. Even a modest weight loss (about 5–10 pounds) can help lower blood pressure and improve blood sugar and heart health.

How GLP-1 Medications Fit In

GLP-1 medications help control appetite, improve blood sugar, and support weight management. If your results suggest you may be eligible, a healthcare provider can confirm whether these medications are right for you and discuss other options for reaching your health goals.

Weight-Related Health Conditions



Weight-Related Health Conditions	You Reported
Acid reflux (GERD)	<i>No</i>
Obstructive sleep apnea	<i>No</i>
Osteoarthritis	<i>No</i>
Cardiovascular disease (heart disease, stroke)	<i>No</i>
Nonalcoholic fatty liver disease	<i>No</i>
Polycystic ovary syndrome (PCOS)	<i>Yes</i>
Type 2 diabetes or prediabetes	<i>No</i>
Other Eligibility Factors	You Reported
High blood pressure or blood pressure meds	<i>No</i>
Abnormal cholesterol or cholesterol meds	<i>Yes</i>
High blood sugar or diabetes meds	<i>Unknown</i>
Current or past use of GLP-1 or other weight loss meds	<i>No</i>

People who need to lose weight for health reasons should talk to a health care professional about a personalized treatment plan. Several health conditions can get better or go away with weight loss. GLP-1 medications may be the next step for people with overweight or obesity if:

- They haven't been able to lose weight other ways
- Their current weight greatly affects their quality of life
- They have a weight-related health problem

Body Mass Index (BMI)

BMI is a calculation that uses height to define weight ranges for both men and women. BMI is a good first step towards learning if you're at a healthy weight, but may not be appropriate for people under age 20, highly trained athletes, or pregnant/breastfeeding women.

Weight Category (BMI)	Weight Range for people 5'4" tall
Underweight (BMI under 18.5)	107 lbs. or less
Healthy (BMI 18.5 to 24.9)	108 to 145 lbs.
Overweight (BMI 25.0 to 29.9)	146 to 174 lbs.
Obesity I (BMI 30.0 to 34.9)	175 to 203 lbs.
Obesity II (BMI 30.0 to 34.9)	204 to 232 lbs.
Extreme Obesity (BMI 30.0 to 34.9)	233 lbs. or more

Take Your Next Steps

Meet with a specialist to review your eligibility and build a medical weight loss plan tailored to you.

[Schedule Evaluation](#)

A primary care provider can help coordinate labs, monitor progress, and support long-term success.

[Find a Provider](#)

Prefer to self-pay? Review transparent pricing options and ways to make treatment more affordable.

[View Self-Pay Options](#)

Take control of your health with evidence-based medical weight loss solutions designed to improve metabolic health, reduce chronic disease risk, and enhance overall well-being. Our multidisciplinary team provides personalized care plans, ongoing clinical support, and sustainable strategies to help patients achieve long-term success.

Obesity and metabolic conditions significantly impact heart health, diabetes risk, joint health, and quality of life. Early intervention and medically supervised weight management can reduce complications and improve outcomes.

Schedule a Consultation Today

Call National Health Medical Weight Loss & Metabolic Centers: [\(800\) 555-4723](tel:8005554723)

Learn more: www.nationalhealth.org/weightloss

National Health is committed to delivering comprehensive, compassionate care to help you live healthier, longer.

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

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