



In this newsletter, we will discuss weight management resources that may be offered by your workplace benefits program and other support networks that are available to you.

Resources that can help support the weight management journey

The first step is often the hardest

Getting started and staying motivated can be a challenge for some people, but it is often easier when you build a support network around you that includes friends, family, and a healthcare team. Once the decision to get started on a weight management plan has been made, it is important to seek out resources that will help you better understand the different processes and ways to achieve your goals.

Some of these resources may be offered by your employer benefits plan. Speak to your human resources department and review your coverage information to learn more about all the benefits that may be offered by your plan.

Your benefits plan may cover a range of services, including:



Dietitian/nutritionist consultation:¹

Working with a dietitian can help you determine which dietary changes are appropriate based on your current eating habits and lifestyle. This support may be covered by your extended healthcare benefits plan.



Exercise health professional support:^{1,2}

Exercise specialists can work with you to develop a physical activity program that is tailored to your unique needs and capabilities. Your workplace may offer corporate gym memberships, wellness programs, and/or a wellness account that could cover the costs of an exercise specialist. Some benefits plans may also cover kinesiologist services as part of the extended healthcare benefits.



Psychological counselling:¹

Psychologists can provide services that can help identify and address the specific thoughts and feelings that are associated with unhealthy behaviours. These resources may be covered by your extended healthcare benefits.



Anti-obesity medications:¹

If your doctor prescribes these medications for you, make sure to check your drug plan to see if they are covered. Doctors typically prescribe these medications when weight management has been unsuccessful with recommended behavioural changes.

Finding healthcare support and resources in your area

There are specialized obesity clinics that can provide a range of services to help manage weight-related health conditions. A team made up of different healthcare professionals, including doctors, dietitians, nurses, kinesiologists, social workers, and/or psychologists/counsellors, work together to determine the most effective method for weight management based on each individual's needs and history.²

For resources on weight management and an obesity clinic locator that can help you find a clinic near you, visit:

myweightwhattoknow.com/physician-locator/

You can also start a weight management support group with other people who are also working towards their own weight management goals. Sharing your journey with others is a great way to stay motivated!

Hear from someone living with obesity

"We are not obligated to live with obesity. Our lives are important. There are resources out there, we just have to seek out the information that is available."

As hard as it can be to get started with weight management, remember that there are many resources available. Using strategies and methods that are right for you can help you put your best foot forward to take the first step towards managing your weight.

Want to learn more?

For additional information about weight management resources that may be available to you and how to access them:



Visit Obesity Canada



Speak with your
healthcare professional



Contact your human
resources department



We want to hear from you! Email us at NNCICustomerCare@novonordisk.com to share your ideas and comments.

In the next newsletter, we will review what we have learned throughout this newsletter series and test your learnings about obesity management.

References: 1. Lau DCW, et al. 2006 Canadian clinical practice guidelines on the management and prevention of obesity in adults and children. *CMAJ*. 2007;176(8):1-117. 2. Obesity Canada. Report Card on Access to Obesity Treatment for Adults in Canada. 2017. Available at: <https://obesitycanada.ca/wp-content/uploads/2017/07/Report-Card-Full-Version-PDF.pdf>. Retrieved November 29, 2019.