EVERWELL

EverWell Primary Care and Weight Management
Dr. Irawan's Office · Call or text (508) 770-6701
everwell360.com

Weight Management Medications: Which Is Right for Me?

Medicines make healthy changes easier. They don't replace them. Weight is a long-term condition: if a medicine is safe and working, we usually continue it, since stopping often brings the weight back.

How much weight loss to expect

Updated November 2026

GLP-1 medicines · Other pills · pill · injection

Zepbound tirzepatide	Weekly injection	**About 20%**
Wegovy HD higher dose	Weekly injection	**About 19–21%**
Wegovy semaglutide	Weekly injection	**About 15%**
Wegovy pill semaglutide · new	Daily pill	**About 14%**
Foundayo orforglipron · new	Daily pill	**About 12%**
Qsymia phentermine + topiramate	Daily pill	**About 10%**
Liraglutide generic; brand Saxenda	Daily injection	**About 8%**
Phentermine	Daily pill	**About 7%**
Contrave naltrexone + bupropion	Pills twice a day	**About 6%**
Metformin	Daily pill	**About 2–3%**

Average weight loss at the highest dose in each medicine's main studies, with diet and activity, over 1 to 1.5 years.

These are averages. Many people do much better, especially when the medicine matches their type of hunger.

Other pill options at a glance

Stopping a GLP-1? Early research suggests that phentermine, Qsymia or Contrave, together with healthy eating and activity, can help you keep the weight off.

Metformin

HELPS Insulin resistance and prediabetes; "levels the playing field."

HOW Pill once or twice a day. Take vitamin B12, 1,000 mcg a day, with it.

WATCH Upset stomach; the extended-release form is gentler.

NOTE Not FDA-approved for weight loss. Some studies suggest a lower risk of certain cancers.

Phentermine

HELPS Curbing appetite. One of the lowest-cost options.

HOW One pill each morning. Controlled medicine: refills need visits; lost prescriptions can't be replaced.

WATCH Jitters, poor sleep, higher blood pressure or heart rate. If coffee doesn't bother you, this usually won't.

NOTE FDA-approved for short-term use; often continued when safe and working.

Qsymia

HELPS Evening hunger. It can make soda taste flat.

HOW One pill each morning. The two parts also come as cheaper generics.

WATCH Tingling hands, tiredness, dizziness, trouble finding words.

CAUTION Rare kidney stones or glaucoma (sudden eye pain). Can cause birth defects: avoid pregnancy.

Contrave

HELPS Cravings and constant thoughts about food.

HOW Pills twice a day.

WATCH Nausea (often improves), headache, dizziness, poor sleep.

CAUTION Not with opioid pain medicines, seizures or uncontrolled blood pressure.

GLP-1 medicines: the most effective options

They act like fullness hormones, quiet "food noise" and improve insulin resistance, making weight loss easier.

Zepbound tirzepatide — Injection once a week

HELPS One of the most effective. Also treats moderate to severe sleep apnea in adults with obesity.

HOW KwikPen (holds four weekly doses), single-dose pen or vial.

Wegovy semaglutide — Injection once a week

HELPS Lowers heart attack and stroke risk in people with heart disease; treats MASH (fatty liver with scarring).

NOTE A higher Wegovy HD dose (new 2026) adds more weight loss; tingling skin is more common on it.

Wegovy pill NEW semaglutide — Pill once a day

HOW Every morning on an empty stomach with a sip of water. Wait 30 minutes before eating, drinking or other medicines.

HELPS Same medicine as the Wegovy injection, no needles.

Foundayo NEW orforglipron — Pill once a day

HOW Any time of day, with or without food.

HELPS A GLP-1 pill with no food or timing rules. Approved April 2026.

Liraglutide generic; brand Saxenda — Injection once a day

HELPS Long-used; the generic usually costs less.

NOTE The Saxenda brand ends in early 2027.

Also good to know

Diabetes versions: Ozempic, Rybelsus, Mounjaro and Victoza are the same medicines approved for diabetes, with different doses and insurance rules.

Coming later: CagriSema and retatrutide aren't available yet. We'll keep you posted.

Safety: please read

NOT FOR YOU IF you or a family member has had medullary thyroid cancer or MEN 2.

TELL US IF you've had pancreatitis, gallbladder problems or diabetic eye disease, or are pregnant or planning to be.

BEFORE SURGERY or sedation, tell the team you take one. Food can stay in your stomach longer.

COMMON SIDE EFFECTS nausea, vomiting, diarrhea, constipation, heartburn, belly pain, gas. Usually mild; smaller meals and slow dose increases help.

BIRTH CONTROL PILLS Zepbound and Foundayo can make them less effective for about a month after starting and after each dose increase. Use a backup method, such as condoms.

New FDA warning (November 2026): a rare eye problem called NAION can cause sudden, painless vision loss in one eye. If your vision suddenly changes, get care right away and let us know.

Coverage: it depends on your plan. Our team handles the prior authorization, which usually takes 5 to 10 business days. If it isn't covered, page 3 has self-pay options.

Zepbound KwikPen: watch how to inject
Scan with your phone camera to open Lilly's step-by-step video. The single-dose pen and vial have their own videos on the same page.

Wegovy pen: watch how to inject
Scan with your phone camera to open Novo Nordisk's step-by-step video, which also covers Wegovy HD.

Which one is right for you?
It depends on your health, your goals, your other medicines and your coverage. We'll decide together and adjust as you go.

Questions? Call or text (508) 770-6701, or send us a message in Patient Gateway.

General information, not medical advice for your situation. Follow the Instructions for Use and Medication Guide that come with your medicine. Reflects FDA approvals as of November 2026. Brand names are trademarks of their owners; EverWell is not affiliated with or sponsored by any manufacturer, and the QR codes open the manufacturers' own websites.

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If insurance doesn't cover your medicine

Another option is to buy your medicine directly from the maker at a self-pay price. We'll send the prescription. If cost is a concern, let us know. Some medicines on page 1, like phentermine and metformin, cost much less.

Monthly prices as of November 2026

Wegovy

INJECTION **$349**
$199 for your first 2 months, through Dec 31
Wegovy HD: $399

PILL **$149–$299**
depends on dose

Zepbound KwikPen

INJECTION **$299–$449**
$449 for 7.5 mg and up when you refill within 45 days (otherwise up to $699)

Foundayo

PILL **$149–$299**
depends on dose; top doses need a refill within 45 days

How to order: pick an option and tell us. We send your prescription; the pharmacy contacts you to pay.

HOME DELIVERY (FREE)
NovoCare Pharmacy for Wegovy; **LillyDirect** for Zepbound and Foundayo.

LOCAL PHARMACY
For Wegovy, show a GoodRx coupon. For Zepbound, show Lilly's self-pay card. Foundayo: pickup through LillyDirect.

Good to know

- You may be able to use an HSA or FSA, depending on your plan.
- If your insurance covers your medicine, a maker's copay card may cost less. We'll check.
- **Medicare Part D:** eligible patients may pay $50 a month for these medicines through the Medicare GLP-1 Bridge, through 2027. We'll check if you qualify: Medicare.gov/glp1bridge.