



Appointment Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Additional Notes: \_\_\_\_\_

# Healthcare Provider Discussion Guide

Print this guide to fill out and bring to your next healthcare provider appointment. Your answers could help you have a more informed conversation about your weight and prescription treatment options.

## Questions to Ask Your Healthcare Provider

- Is a prescription weight-loss option right for me?
- How does BELVIQ® or BELVIQ XR® work?
- What results can I expect with BELVIQ® or BELVIQ XR®?
- What are the side effects of BELVIQ® or BELVIQ XR®?

### What's Your BMI?

Your body mass index, or BMI, is a number that can help you determine if you're within a healthy weight range. Use the chart below to find your BMI. If it falls within a shaded blue or red area, ask your doctor if BELVIQ may be right for you.

**Find Your Body Mass Index (BMI)**

		Height (feet, inches)															
		5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"
Weight (pounds)	140	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18
	150	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19
	160	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20
	170	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21
	180	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23
	190	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24
	200	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25
	210	41	40	38	37	36	35	34	33	32	31	30	29	29	28	27	26
	220	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28
	230	44	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29
	240	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30
	250	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31
	260	51	49	48	46	45	43	42	40	40	38	37	36	35	34	33	33
	270	53	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34
	280	55	53	51	50	48	47	45	44	43	41	40	39	38	37	36	35
	290	57	55	53	51	50	48	47	45	44	43	42	40	39	38	37	36
300	59	57	55	53	51	50	48	47	46	44	43	42	41	40	39	38	

### What are BELVIQ® and BELVIQ XR®?

BELVIQ® and BELVIQ XR® are FDA-approved prescription weight-loss medications that, when used with diet and exercise, can help some overweight (Body Mass Index [BMI]  $\geq 27$  kg/m<sup>2</sup>) adults with a weight-related medical problem, or obese (BMI  $\geq 30$  kg/m<sup>2</sup>) adults, lose weight and keep it off.

It is not known if BELVIQ or BELVIQ XR when taken with other prescription, over-the-counter, or herbal weight-loss products is safe and effective. It is not known if BELVIQ or BELVIQ XR changes your risk of heart problems, stroke, or death due to heart problems or stroke.

### Important Safety Information

- **Pregnancy:** Do not take if you are pregnant or planning to become pregnant, as weight loss offers no potential benefit during pregnancy and BELVIQ or BELVIQ XR may harm your unborn baby.
- **Hypersensitivity Reactions:** Do not take if you are allergic to either of these medicines or any of their ingredients.

Please see additional Important Safety Information on the following pages. For more information about BELVIQ® and BELVIQ XR®, talk to your Healthcare Provider and see available Product Information.



# Information to Give Your Healthcare Provider

For each question, check all of the boxes that apply to you. Then bring this completed sheet to your next healthcare provider appointment to discuss your answers.

## Do you have any of the following weight-related medical problems?

- High blood pressure
- High cholesterol
- Type 2 diabetes
- Other \_\_\_\_\_

## Do you have a family history of any of the following weight-related medical problems?

- High blood pressure
- High cholesterol
- Type 2 diabetes
- Other \_\_\_\_\_

## What have you done to try to lose weight in the past?

- Diet or weight-loss program
- Over-the-counter weight-loss pills
- Weight-loss supplements
- Meal replacement programs
- I've never tried to lose weight

## How would you describe your past attempts at weight loss?

- Successful
- Unsuccessful
- I've lost weight in the past, but have gained it back
- I've never tried to lose weight

## Are you currently on any kind of diet?

- I am on a diet or weight-loss program
- I take over-the-counter weight-loss pills or supplements
- I use a meal replacement program
- I count calories
- I am not currently dieting

## What is your current level of physical activity?

- I exercise every day
- I exercise a few times a week
- I rarely exercise
- I never exercise

- I am committed to losing weight through diet and exercise and exploring prescription treatment options.**

## Important Safety Information (Continued)

- **Serotonin Syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions:** Before using, tell your healthcare provider about all the medicines you take, especially medicines that treat depression, migraines, mental problems, or the common cold. These medicines may cause serious or life-threatening side effects if taken with BELVIQ or BELVIQ XR. Call your healthcare provider right away if you experience agitation, hallucinations, confusion, or other changes in mental status; coordination problems; uncontrolled muscle spasms; muscle twitching; restlessness; racing or fast heartbeat; high or low blood pressure; sweating; fever; nausea; vomiting; diarrhea; or stiff muscles.

Please see additional Important Safety Information on the following pages. For more information about BELVIQ® and BELVIQ XR®, talk to your Healthcare Provider and see available Product Information.



## Important Safety Information (Continued)

- **Valvular heart disease:** Some people taking medicines like BELVIQ or BELVIQ XR have had heart valve problems. Call your healthcare provider right away if you experience trouble breathing; swelling of the arms, legs, ankles, or feet; dizziness, fatigue, or weakness that will not go away; or fast or irregular heartbeat. Before taking BELVIQ or BELVIQ XR, tell your healthcare provider if you have or have had heart problems.
- **Changes in attention or memory:** BELVIQ or BELVIQ XR may slow your thinking. You should not drive a car or operate heavy equipment until you know how BELVIQ or BELVIQ XR affects you.
- **Mental problems:** Taking too much BELVIQ or BELVIQ XR may cause hallucinations, a feeling of being high or in a very good mood, or feelings of standing outside your body.
- **Depression or thoughts of suicide:** Call your healthcare provider right away if you notice any mental changes, especially sudden changes in your mood, behaviors, thoughts, or feelings, or if you have depression or thoughts of suicide.
- **Low blood sugar:** Weight loss can cause low blood sugar in people taking medicines for type 2 diabetes, such as insulin or sulfonylureas. Blood sugar levels should be checked before and while taking BELVIQ or BELVIQ XR. Changes to diabetes medication may be needed if low blood sugar develops.
- **Painful erections:** If you have an erection lasting more than 4 hours while on BELVIQ or BELVIQ XR, stop taking BELVIQ or BELVIQ XR and call your healthcare provider or go to the nearest emergency room right away.
- **Slow heartbeat:** Both BELVIQ or BELVIQ XR may cause your heart to beat slower.
- **Decreases in blood cell count:** BELVIQ or BELVIQ XR may cause your red and white blood cell counts to decrease.
- **Increase in prolactin:** BELVIQ or BELVIQ XR may increase the amount of a hormone called prolactin. Tell your healthcare provider if your breasts begin to make milk or a milky fluid, or if you are a male and your breasts increase in size.
- **Most common side effects of BELVIQ or BELVIQ XR:** Headache, dizziness, fatigue, nausea, dry mouth, constipation, cough, low blood sugar (hypoglycemia) in patients with diabetes, and back pain.
- **Nursing:** BELVIQ or BELVIQ XR should not be taken while breastfeeding.
- **Drug interactions:** Before taking BELVIQ or BELVIQ XR, tell your healthcare provider if you take medicines for depression, migraines, or other medical conditions, such as: triptans; medicines used to treat mood, anxiety, psychotic or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors, selective serotonin-norepinephrine reuptake inhibitors, monoamine oxidase inhibitors, or antipsychotics; cabergoline; linezolid (an antibiotic); tramadol; dextromethorphan (an over-the-counter (OTC) common cold/cough medicine); OTC supplements such as tryptophan or St. John's Wort; or erectile dysfunction medicines.

**BELVIQ® and BELVIQ XR® are federally controlled substances (CIV) because they may be abused or lead to drug dependence.**

**For more information about BELVIQ®, talk to your healthcare provider and see the full Product Information.**

**For more information about BELVIQ XR®, talk to your healthcare provider and see the full Product Information.**

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**

