

Actress and comedian Kym Whitley has spent years navigating the ups and downs of weight loss. From setbacks to restarts and constantly feeling stuck, she knows how personal, complicated, and stigmatized the journey can be. When she talked to her doctor about Zepbound® (tirzepatide) for obesity, she felt things start to shift. She finally

found a tool that, when used along with a reduced-calorie diet and increased physical activity, helped her to lose weight and keep it off. And for the first time, she felt like change was possible. Zepbound is an injectable prescription medicine that may help adults with obesity, or some adults with overweight

who also have weight-related medical problems to lose excess body weight and keep the weight off. It should be used with a reduced-calorie diet and increased physical activity. Zepbound contains tirzepatide and should not be used with other tirzepatide-containing products or any GLP-1

receptor agonist medicines. It is not known if Zepbound is safe and effective for use in children. Kym is now opening up about her weight loss journey with Zepbound, what real change has looked like for her,

and why no one should feel ashamed to ask for help. Kym is sharing her personal experience as a paid partner for Lilly.

your story? After years of struggling with obesity, I finally found

Why did you decide to share

something that helped along with diet and exercise -Zepbound. It's been the tool I needed to seek change in my weight journey. In fact, I've been looking for such a treatment option my whole life! I know people are out there struggling with obesity,

quietly searching for answers and wondering if change is even possible. I know what it feels like to be stuck – the rollercoaster of ups and downs. Realizing that obesity is a disease and that Zepbound, along with diet and exercise, is a tool to treat it was extremely helpful for me to get unstuck. I'm a helper by nature. If my story encourages even

one person to talk to their doctor and ask questions, then it's worth sharing. Living with obesity comes with a

lot of stigma and bias. What has that looked like in your life, and how do you hope that changes? There's so much judgment tied to weight. People think they're being helpful, but the comments stay with

you. I've heard, "You dress nice for a big girl," or had salespeople tell me, "We don't carry your size." Those moments add up and chip away at your confidence. Like so many others, I've been through the cycle of losing weight, gaining it back and starting over again. A lot of things can make it hard to lose weight or keep it off environment, genetics, even the way your body responds.

And with that comes fear. The fear of starting again. The fear of failing. You try something new, and two months in, people are already looking at you like, "I guess that didn't work." Even if you've made progress, they don't always see it. That fear can keep you stuck. What helped me break that cycle of weight loss and regain was having a tool like Zepbound that supported the changes I was already making with diet and exercise. I hope that by encouraging open

dialogue and talking about obesity as a disease,

we can help reduce the stigma around it.

You can be bound for support and understanding. There are treatment options available to you that you can ask about from your doctor. Whatever motivates you to take the first step, like talking to your doctor, just know that you are not alone. Hopefully I am helping with that! What made you decide it was

I've lived with obesity my whole adult life. After years of trying different methods to manage and maintain my

time to try something new?

weight loss, I felt like I hit a wall. I was tired – tired of the rollercoaster. Tired of putting myself last. I wanted to cross my legs without struggling. I wanted to tie my shoes without getting out of breath. I wanted to be more present with my son without feeling like I was holding him back. I heard about Zepbound from a few close friends, and I was intrigued. That gave me the push I needed to take that first step toward change and ask my doctor if

Zepbound might be right. "Realizing that obesity is a disease and that Zepbound,

along with diet and

exercise, is a tool to treat it was extremely helpful for me to get unstuck."

to your doctor? I knew something had to change. Once I became a mom,

Can you talk more about the

pivotal moment you talked

all my focus went onto my son. I was doing everything for him – eating whatever was left on his plate, skipping meals, never planning – and during that time my weight started to go up. I tried different diets and routines, but nothing seemed to work or stick. I wanted to make a change, but I just kept falling to the bottom of my own list. There were people in my life – friends with similar weight loss journeys – who privately shared with me that they

were realizing a change with an obesity treatment. Those conversations and the conversation with my doctor helped me see that I needed support to manage my weight, something that could help me lose weight and keep it off. My doctor talked to me about obesity as a disease and the challenges that came with managing it long-term.

After that conversation, I finally felt validated that I needed more to achieve sustainable weight loss. We decided Zepbound, taken along with a reducedcalorie diet and increased physical activity, would be a good fit for me. What do you want people to

know about Zepbound? I'm eager to share my experience with Zepbound, and I'm definitely not shy about it! I want others to feel

empowered to talk about it too. Managing obesity is hard, but support is out there, and real progress in your weight journey is possible. When I heard about Zepbound, I had questions: "What is Zepbound?" "How does Zepbound work?"

"Is Zepbound safe?" The more I learned, the more I

wanted to understand if it would be the right option

for me. My doctor explained that Zepbound, also known as tirzepatide, is an injectable prescription medicine that may help adults with obesity, or some adults with overweight who also have weight-related medical problems, to lose excess body weight and keep the weight off. I also learned that Zepbound works differently from other obesity management medications by working with your body to activate the receptors of two naturallyoccurring hormones - known as GIP (glucosedependent insulinotropic polypeptide) and GLP-1

and food intake. Listen, treating obesity is not easy. Nothing is. This isn't an overnight fix. It's a tool. You still have to do the work. You still have to eat right, get your nutrients in, and move your body. At this time, I feel like I have real support in my weight journey.

(glucagon-like peptide-1). Zepbound reduces appetite

management medication, or assume they won't qualify for prescription medication for obesity? I know it's not easy. Obesity is a disease – and that's something I'm passionate about helping others understand. Think about what motivates you – for me it was my son. Whatever is your wake-up call, use that as your motivation to speak up and talk to your doctor.

What do you say to people

who are unsure how to ask

their doctor about obesity

You could start by saying, "I've been hearing about prescription options like Zepbound. Can we talk about whether something like that might be the right fit for me?" Your doctor can help you figure out if it's right for you, explain the Zepbound dosage schedule, and how to

inject Zepbound.

Zepbound will cause thyroid tumors, or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people. Do not take Zepbound if you or any of your family have ever had MTC or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

symptoms, tell your healthcare provider.

ingredients in Zepbound.

from your abdomen to your back.

treatment with Zepbound.

other procedures.

go away.

Common side effects

SELECT SAFETY INFORMATION

Remember, this is about your weight journey. Start the conversation. You can also visit **zepbound.lilly.com** for more information and tips on how to talk to your doctor. Please see below Indications and Safety Summary with Warnings for Zepbound. INDICATIONS AND SAFETY SUMMARY WITH WARNINGS Zepbound® (ZEHP-bownd) is an injectable prescription medicine that may help adults with:

Warning - Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble

swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rats, Zepbound

and medicines that work like Zepbound caused thyroid tumors, including thyroid cancer. It is not known if

weight and keep the weight off. moderate-to-severe obstructive sleep apnea (OSA) and obesity to improve their OSA. It should be used with a reduced-calorie diet and increased physical activity.

obesity, or some adults with overweight who also have weight-related medical problems to lose excess body

Zepbound contains tirzepatide and should not be used with other tirzepatide-containing products or any GLP-1 receptor agonist medicines. It is not known if Zepbound is safe and effective for use in children. Warnings - Zepbound may cause tumors in the thyroid, including thyroid cancer. Watch for possible symptoms, such

(abdomen), fever, yellowing of skin or eyes (jaundice), or clay-colored stools.

rash or itching, fainting or feeling dizzy, or very rapid heartbeat.

low blood sugar levels and how to manage them.

Do you have a history of diabetic retinopathy?

at 1-800-LillyRx (1-800-545-5979).

• Do not use Zepbound if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC).

as a lump or swelling in the neck, hoarseness, trouble swallowing, or shortness of breath. If you have any of these

• Do not use Zepbound if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

• Do not use Zepbound if you have had a serious allergic reaction to tirzepatide or any of the

Zepbound may cause serious side effects, including: **Severe stomach problems.** Stomach problems, sometimes severe, have been reported in people who use Zepbound. Tell your healthcare provider if you have stomach problems that are severe or will not go away.

cause kidney problems. It is important for you to drink fluids to help reduce your chance of dehydration. Gallbladder problems. Gallbladder problems have happened in some people who use Zepbound. Tell your healthcare provider right away if you get symptoms of gallbladder problems, which may include pain in your upper stomach

Kidney problems (kidney failure). Diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may

Inflammation of the pancreas (pancreatitis). Stop using Zepbound and call your healthcare provider right away if you

have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain

Serious allergic reactions. Stop using Zepbound and get medical help right away if you have any symptoms of a

Low blood sugar (hypoglycemia). Your risk for getting low blood sugar may be higher if you use Zepbound with medicines that can cause low blood sugar, such as a sulfonylurea or insulin. Signs and symptoms of low blood sugar may include dizziness or light-headedness, sweating, confusion or drowsiness, headache, blurred vision, slurred speech, shakiness, fast heartbeat, anxiety, irritability, mood changes, hunger, weakness or feeling jittery.

Changes in vision in patients with type 2 diabetes. Tell your healthcare provider if you have changes in vision during

serious allergic reaction, including swelling of your face, lips, tongue or throat, problems breathing or swallowing, severe

Depression or thoughts of suicide. You should pay attention to changes in your mood, behaviors, feelings or thoughts. Call your healthcare provider right away if you have any mental changes that are new, worse, or worry you. Food or liquid getting into the lungs during surgery or other procedures that use anesthesia or deep sleepiness (deep sedation). Zepbound may increase the chance of food getting into your lungs during surgery or other

procedures. Tell all your healthcare providers that you are taking Zepbound before you are scheduled to have surgery or

The most common side effects of Zepbound include nausea, diarrhea, vomiting, constipation, stomach (abdominal) pain, indigestion, injection site reactions, feeling tired, allergic reactions, belching, hair loss, and heartburn. These are not all the possible side effects of Zepbound. Talk to your healthcare provider about any side effect that bothers you or doesn't

medwatch. **Before using Zepbound** Your healthcare provider should show you how to use Zepbound before you use it for the first time.

Tell your healthcare provider if you are taking medicines to treat diabetes including an insulin or

If you take birth control pills by mouth, talk to your healthcare provider before you use Zepbound.

another type of birth control for 4 weeks after you start Zepbound and for 4 weeks after each increase in

sulfonylurea which could increase your risk of low blood sugar. Talk to your healthcare provider about

Birth control pills may not work as well while using Zepbound. Your healthcare provider may recommend

Tell your doctor if you have any side effects. You can report side effects at 1-800-FDA-1088 or www.fda.gov/

your dose of Zepbound.

sedation)?

- Review these questions with your healthcare provider: Do you have other medical conditions, including problems with your pancreas or kidneys, or severe problems with your stomach, such as slowed emptying of your stomach (gastroparesis) or problems digesting food? Do you take diabetes medicines, such as insulin or sulfonylureas?
 - Do you take any other prescription medicines or over-the-counter drugs, vitamins, or herbal supplements? Are you pregnant, plan to become pregnant, breastfeeding, or plan to breastfeed? Zepbound may harm your unborn baby. Tell your healthcare provider if you become pregnant while using Zepbound. It is not known if Zepbound passes into your breast milk. You should talk with your healthcare provider about the best way to feed your baby while using Zepbound.

• Pregnancy Exposure Registry: There will be a pregnancy exposure registry for women who have taken

Zepbound during pregnancy. The purpose of this registry is to collect information about the health of you and

your baby. Talk to your healthcare provider about how you can take part in this registry, or you may contact Lilly

Are you scheduled to have surgery or other procedures that use anesthesia or deep sleepiness (deep

How to take Read the Instructions for Use that come with Zepbound. Use Zepbound exactly as your healthcare provider says. Use Zepbound with a reduced-calorie diet and increased physical activity.

• Zepbound is injected under the skin (subcutaneously) of your stomach (abdomen), thigh, or upper arm.

- Use Zepbound 1 time each week, at any time of the day. • Change (rotate) your injection site with each weekly injection. **Do not** use the same site for each injection.
- If you take too much Zepbound, call your healthcare provider, seek medical advice promptly, or contact a Poison Center expert right away at 1-800-222-1222. Zepbound injection is approved as a 2.5 mg, 5 mg, 7.5 mg, 10 mg, 12.5 mg, or 15 mg per 0.5 mL in single-dose pen or
- Zepbound is a prescription medicine. For more information, call 1-800-LillyRx (1-800-545-5979) or go to www.zepbound.lilly.com.

medicine. Read the information that comes with your prescription each time your prescription is filled. This information does not take the place of talking with your healthcare provider. Be sure to talk to your healthcare provider about Zepbound and how to take it. Your healthcare provider is the best person to help you decide if Zepbound is right for you.

This summary provides basic information about Zepbound but does not include all information known about this

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single-dose vial.

Learn more