

# FDA Approves New Foundayo GLP-1 Weight Loss Pill (Beginner English)

Health

English

Beginner English

## Article

Federal regulators have approved a new GLP-1 pill called Foundayo for weight management. The new medicine is made by Eli Lilly. Adults with obesity, or people who are overweight with another health problem, can use it with a lower-calorie diet and more physical activity.

Foundayo is a once-daily tablet. People can take it with or without food, which may make it easier to use. That is different from the Wegovy pill, which must be taken on an empty stomach. Experts say another pill option could help some people stay with treatment longer.

Eli Lilly says some people with commercial insurance may pay as little as \$25 a month. Self-pay users can buy the lowest dose for \$149 a month. The company said shipping through LillyDirect begins on April 6, and wider pharmacy access is expected soon.

Doctors say weight loss medicines can help, but healthy habits still matter. They recommend more protein and fiber, regular exercise, enough sleep, lower stress, and less sugar and alcohol. The CDC says adults should get 150 minutes of moderate exercise each week and strength training on at least 2 days.

## Vocabulary Words List

Federal regulators — national officials who make health rules

approved — officially allowed

GLP-1 — a type of medicine used for weight and blood sugar

weight management — the process of controlling body weight

obesity — a medical condition of too much body fat

overweight — weighing more than is healthy

lower-calorie diet — a food plan with fewer calories

physical activity — body movement such as walking or exercise

once-daily — taken one time each day

tablet — a pill

with or without food — before eating or after eating

treatment — medical care for a health problem

commercial insurance — health insurance from a private company

protein — a nutrient that helps build and repair the body

strength training — exercise that makes muscles stronger

## Fill In The Blanks Listening Practice

\_\_\_\_\_ have \_\_\_\_\_ a new \_\_\_\_\_ pill called Foundayo for \_\_\_\_\_. The new medicine is made by Eli Lilly. Adults with \_\_\_\_\_, or people who are \_\_\_\_\_ with another health problem, can use it with a \_\_\_\_\_ and more \_\_\_\_\_.

Foundayo is a \_\_\_\_\_. People can take it \_\_\_\_\_, which may make it easier to use. That is different from the Wegovy pill, which must be taken on an empty stomach. Experts say another pill option could help some people stay with \_\_\_\_\_ longer.

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Doctors say weight loss medicines can help, but healthy habits still matter. They recommend more \_\_\_\_\_ and fiber, regular exercise, enough sleep, lower stress, and less sugar and alcohol. The CDC says adults should get 150 minutes of moderate exercise each week and \_\_\_\_\_ on at least 2 days.

## Vocabulary Retention Quiz

1. What is the name of the new weight management pill?
2. How often do people take Foundayo?
3. What two healthy habits does the CDC recommend each week?

## Discussion Questions

1. Why might some people prefer a pill instead of a shot?
2. What healthy habits can help with weight management?
3. Do you think convenience matters when choosing a medicine? Why?

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