

# **Tirzepatide Impact Assessment: Exploring Health and Wellness Outcomes**

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Tirzepatide Impact Assessment

**We are studying the effects of tirzepatide (Zepbound/Mounjaro) or semaglutide (Wegovy/Ozempic) taken for weight loss.**

- If you just started taking tirzepatide or semaglutide for weight loss or are planning to start soon, and you are 18+ with a BMI over 30, you may be able to participate!
- Participants will complete two online surveys and in-person clinic assessments\* (body composition, metabolic rate, blood draw) over three months (4 hours total).
- Participants will get a free body composition test that measures their body fat vs. muscle mass and a Garmin watch to track their physical activity!

\*Overnight fasting (12 hours) required and no strenuous exercise for 48 hours prior to the in-person visit

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**For more information, contact the study team:**

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