

**Table 1. The behavioural and clinical support components of wraparound care.**

	<b>Behavioural support</b>	<b>Clinical support</b>
<b>Wraparound care</b>	Provide behavioural support as part of the two elements of wraparound care (alongside clinical support) and explain the importance of engaging with both as part of the complete treatment pathway	Provide clinical support as part of the two elements of wraparound care (alongside behavioural support) and explain the importance of engaging with both as part of the complete treatment pathway
<b>Workforce training and competencies</b>	May be delivered by non-clinical staff	Clinical management by a responsible registered healthcare professional, such as a GP or specialist prescriber
<b>Eligibility</b>	Not required to assess eligibility	Clinical assessment for tirzepatide eligibility in the management of obesity Consider individual patient factors to determine if primary care prescribing is the most appropriate pathway Identify whether referral to additional specialist services may be clinically appropriate
<b>Weight management pharmacology</b>	Overview of how tirzepatide will impact the service user, including suppression of appetite	Assess risks and benefits of starting tirzepatide in accordance with NICE guidance and using relevant resources
<b>Comorbidities</b>	Acknowledge that tirzepatide may influence wider aspects of health and wellbeing beyond weight management	Individualised clinical support around effects of tirzepatide on comorbid conditions Appropriate clinical reviews, including medication titration reviews and deprescribing when appropriate
<b>Medication interactions</b>	General information-sharing that tirzepatide can affect the absorption of other medications being taken. In some cases, this may affect how well and/or how fast those medications work; or it may make no difference	Monitoring any impact of tirzepatide on other medications, using relevant resources (e.g. BNF and NICE prescribing guides), including, but not limited to, advice regarding contraception
<b>Side effects</b>	Overview of common side effects and how nutrition and physical activity can be used to help alleviate some side effects (see <b>Nutritional advice</b> section)	Individualised support around specific side effects, management of side effects, drug interactions, and how medication doses or titration schedules may need to be altered to manage side effects
<b>Expected weight loss</b>	Acknowledge that weight loss is expected while on tirzepatide due to the mechanisms of action Confirm and reiterate that there is no specific guidance on the expected trajectory of weight loss and that a minority of users may lose only a very small amount of weight	Discuss specifics of weight loss; consider using NICE resources (e.g. the <a href="#">NICE discussion aid for healthcare professionals and patients</a> ) Identify and manage non-responders or those with unusually rapid weight loss
<b>Nutritional advice</b>	Support people to understand the impact of weight loss medications on appetite, satiety and food preferences, and the importance of diet quality to improve long-term metabolic health outcomes The influence of dietary and nutrition habits on gastrointestinal side effects when using weight loss medications Ensure people have the knowledge necessary to help them make choices to ensure healthy macro- and micronutrient intake in the context of a diet that consists of reduced portion sizes Empower people who have specific dietary requirements (e.g. vegetarian and vegan diets) to understand what adequate nutrient intake is appropriate for them Support people to understand the importance of nutritionally complete meals	General advice about nutritional intake in the context of tirzepatide prescription Identify when referral to additional services (e.g. dietetics) may be clinically appropriate
<b>Physical activity advice</b>	Empower people to increase their day-to-day movement levels Embed resistance and strength-focused physical activity as a cornerstone of health, rather than for weight loss alone Tailor recommendations to provide movement plans personalised to the person's capacity and baseline, prioritising muscle retention, cardiovascular health, mobility and confidence Provide a range of supportive, positive pathways into activity that are inclusive and sustainable, avoiding shame-based or punitive models Enable people to connect activity with outcomes, including improved mood, energy, metabolic health and independence, rather than focusing on weight loss	General advice on undertaking physical activity in the context of tirzepatide prescription Identify when referral to additional services (e.g. physiotherapy) may be clinically appropriate
<b>Psycho-educational advice</b>	Support people to understand the impact of mental wellbeing and lack of sleep on weight management Signpost to the prescribing healthcare professional or team for further advice if there are specific concerns regarding a person's psychological wellbeing	General advice centred on holistic management and the impact of sleep and mental health Identify when referral to additional or alternative services (e.g. talking therapies, local mental health services, eating disorder services or specialist weight management services) may be clinically appropriate
<b>Stopping tirzepatide</b>	Empower people to take informed actions and make lifelong, sustainable choices that promote long-term health and can be maintained independently of medication use Signpost to the prescribing healthcare professional or team to discuss making changes to the medication, including stopping treatment	Assessment of weight loss as a key part of clinical review, including progress after 6 months at the maximum tolerated dose and whether treatment should continue Shared decision-making on when and how to stop the medication if circumstances indicate this should be considered, and how to minimise weight regain in such situations