



Taking a Shot at Weight Loss

Are you starting a new weight loss medication recommended by your doctor and want to learn more about it? Have you been hearing about these new medications and thinking about asking your doctor? Do you want to learn more? This course is designed for anyone who wants to learn more about the GLP-1 class of medications used for weight loss and type II diabetes. This month-long course specifically focuses on how the medication is used for weight loss.



To access this free course, login to your [PeopleOne Health Portal](#). Don't have an account? Reach out to our Wellness+ team for more information!

Once you've logged in, follow these three easy steps:

1. Click the dropdown arrow under "Healthy Living" on the left.
2. Select "SparkUniversity" from the drop down options
3. Under All Courses find the course "Taking a Shot at Weight Loss" and start the course!

