

Supplementary Material:

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eTable 1. Detailed Exclusion Criteria

Exclusion Criteria	Patients, (%)
Insurance Denial	226 (31)
Unknown Semaglutide Start Date	143 (20)
National Shortage	127 (18)
Bariatric Procedure	97 (14)
Less than 3 months on semaglutide	70 (10)
Multiple Anti-obesity Medications	27 (4)
Active Malignancy	13 (2)
Stopped less than 3 months due to side effects	7 (1)
No Baseline Weight	5 (1)
Disease affecting weight	3 (0.4)
Stopped less than 3 months due to inadequate weight loss	1 (0.1)
Total	719 (100)

eTable 2. Detailed reasons for unavailable 12 months weights

Unavailable 12 months weights Reasons	Patients, (%)
Less than 12 months since start date	133 (70)
No documented weights	21 (11)
Adverse Events	16 (8)
Insurance Denial	12 (6)
National Shortage	4 (2)
Achieved weight loss goal	3 (2)
Underwent bariatric procedure	1 (0.5)
Pregnancy	1 (0.5)
Total	191 (100)

eTable 3. Detailed semaglutide doses reached by patients.

Semaglutide Doses	Patients (%)
0.25 mg	4 (1)
0.5 mg	11 (4)
1 mg	70 (23)
1.7 mg	60 (20)
2 mg	13 (4)
2.4 mg	146 (48)
Total	304 (100)

eTable 4. Medication dose change for obesity comorbidities.

Comorbidity Medications	Change (yes, n)	Increased Dose	Decreased Dose	Switch in medications
Hypertension	18	12	5	1
Dyslipidemia	0	0	0	0
Diabetes Mellitus	1	0	0	1
GERD	4	0	4	0
Depression/Anxiety	5	1	1	3

eTable 5: Total body weight loss outcomes in patients with and without dietitian and bariatric psychologist visits

Total body weight loss %	With dietitian visit	Without dietitian visit	p-value	With psychologic visit	Without psychologist visit	p-value
3 months	5.2 (4.2)	5.9 (4.0)	0.3	5.3 (3.7)	5.8 (4.1)	0.5
6 months	9.0 (6.1)	10.0 (5.9)	0.3	9.0 (6.4)	9.8 (6.0)	0.5
9 months	11.6 (8.1)	13.1 (7.1)	0.3	11.8 (8.1)	12.8 (7.3)	0.6
12 months	10.8 (7.4)	14.2 (8.1)	0.04	13.2 (7.8)	13.4 (8.1)	0.9

eTable 6: The distribution of in-person and virtual visits with weights recorded.

Visit Type (%)	In-person	Virtual
Baseline	289 (95)	15 (5)
3 months	220 (88)	29 (12)
6 months	215 (92)	18 (8)
9 months	147 (94)	10 (6)
12 months	105 (93)	8 (7)
Total	976 (92)	80 (8)