

## ***GLP-1 RAs in the Spotlight: New Frontiers in Obesity Management***



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**Disclosure(s):** Dr. Munir, Dr. Man, the planning committee members, and reviewers who contributed to this activity have no relevant financial conflicts of interest to disclose.

**Purpose:** To equip clinicians with the knowledge and skills needed to incorporate GLP-1 receptor agonists into individualized obesity treatment plans, overcome implementation barriers such as access and patient misconceptions, and improve weight-related and metabolic health outcomes across diverse patient populations.

### **Learning Objectives:**

**Upon completion of this activity, participants should be able to:**

- Describe the pharmacologic mechanisms of GLP-1 receptor agonists and explain how these agents contribute to weight loss and metabolic regulation in patients with obesity.
- Evaluate current clinical guidelines and emerging evidence supporting the use of GLP-1 receptor agonists in the management of obesity, including in non-diabetic populations.
- Identify practical strategies for initiating, titrating, and monitoring GLP-1 therapy in diverse patient populations, with attention to safety, side effect management, and long-term adherence.
- Recognize common barriers to access and implementation of GLP-1 therapies (such as cost, insurance coverage, and misconceptions) and develop approaches to address these challenges in clinical practice.

**Target Audience:** Physicians, Physician Assistants, and Nurse Practitioners

**Type of Activity:** Knowledge

**Fee:** Free

**Release and Most Recent Review Date:** September 2, 2025

**Expiration Date:** September 2, 2026

**Estimated time to complete activity:** 1.0 hour CME (1.0 AMA PRA Category 1 Credit)

**Location:** Please visit <https://illinoisadvance.uic.edu/web-based-cme/> to participate in this activity.

### **Continuing Medical Education Statement:**



The University of Illinois College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Illinois College of Medicine designates this Enduring Material CME for a maximum of *1.0 AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**How to Earn Credit:**

Participants must complete the activity as described above in the Continuing Medical Education Statement by reading the learning objectives and faculty disclosures, participating in the entire knowledge-based activity consisting of a presentation, completing the post-test, activity evaluation, and estimating the duration of time spent on the activity. A certificate of completion will be issued after all requirements as described are completed.

**Hardware/Software and Internet Requirements** can be found at <https://cemedicine.uic.edu/online-activities/requirements/>

**Provider Contact Information:** For general information please call the Office of Continuing Education and Meeting Services toll-free at (866) PHARM-CE (866-742-7623) or send an e-mail to: [pharmce@uic.edu](mailto:pharmce@uic.edu). Copyright © 2025 – The Board of Trustees of the University of Illinois. All rights reserved. Reproduction in whole or in part without permission is prohibited. [Privacy Policy](#).