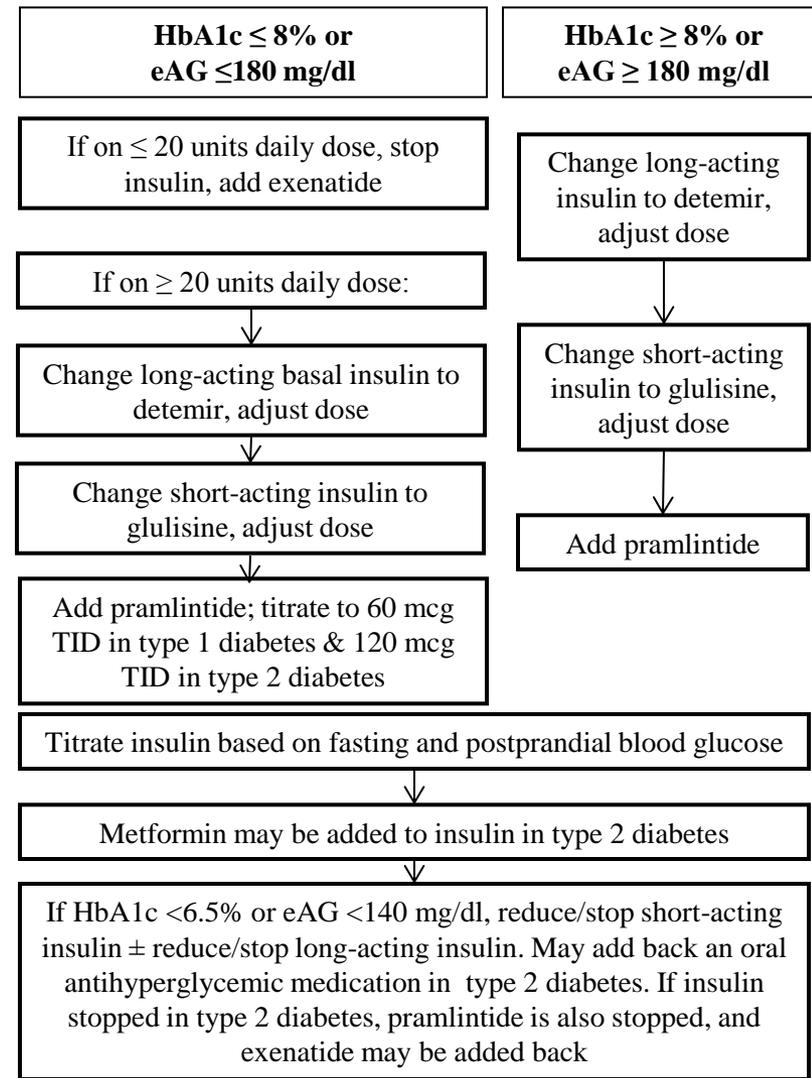
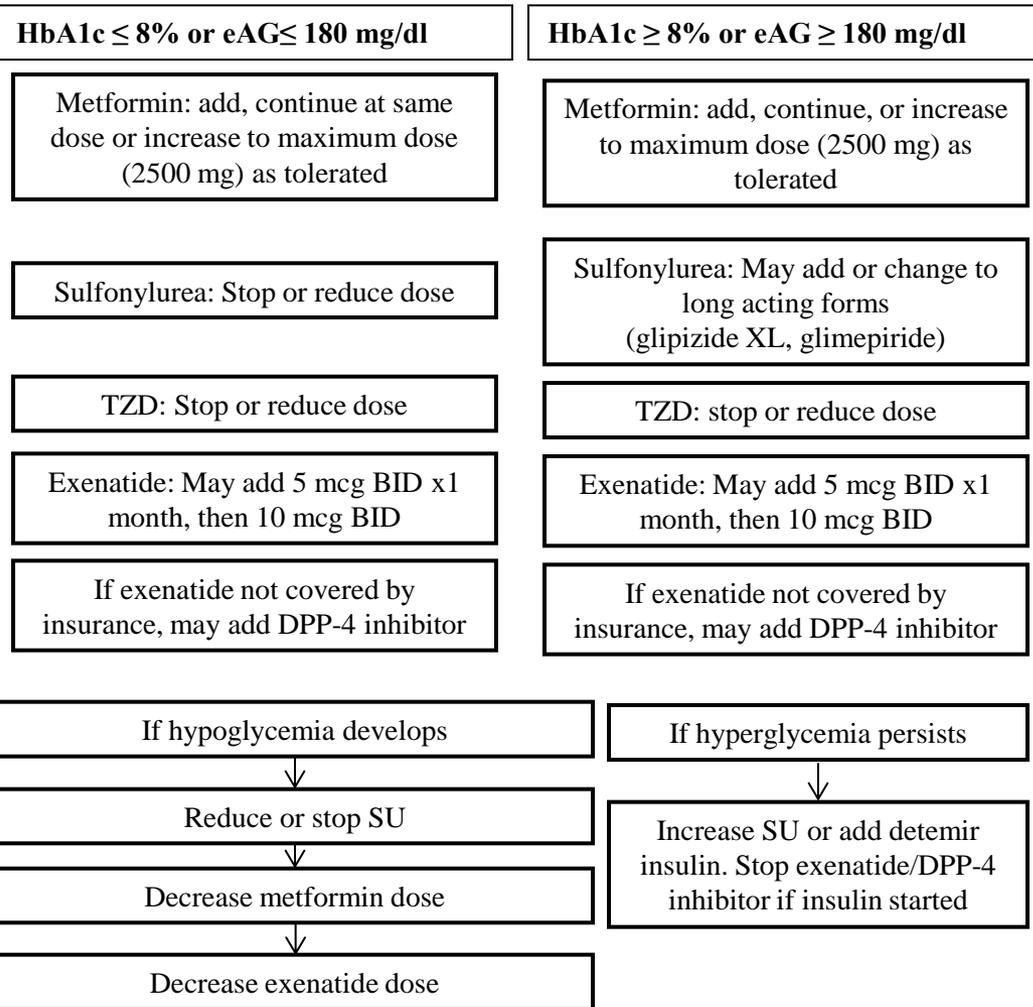


Appendix 1. Algorithm used for changing and adjusting antihyperglycemic medications during the 12-week of intensive lifestyle intervention using the Why WAIT model in clinical practice *

On oral hypoglycemic medication

On insulin therapy



* Goal is to use metformin and GLP-1 analog at highest doses possible and use sulfonylureas (SU), thiazolidinediones (TZDs) and insulin sparingly, in that order of preferred usage. For those on insulin, concomitant pramlintide is preferred; short-acting insulin is dosed post-prandially.