



Executive Summary

Effective weight management

supports members' weight loss goals while managing medication trend

Obesity is a common, serious and costly disease. Emerging weight management medications like GLP-1s,* while highly effective, are expensive and use is on the rise. GLP-1s are most effective when combined with lifestyle intervention and recommended dosing.

 **5x** increase in utilization of weight management drugs expected over the next few years¹

 **Lifestyle and nutrition support** + **Proper dosing**
= 15% weight loss achieved on GLP-1 with the support of lifestyle intervention and counseling^{2,3}

Recommendations and dedicated support for effective weight management

Support your overall weight management strategy with a customizable approach

RECOMMENDED • **High-touch support for plan members taking weight management prescriptions** Members achieve better outcomes when weight management medications are paired with a high frequency of provider visits and support, aligning with U.S. Food and Drug Administration (FDA) guidelines

OPTIONS FOR ADDITIONAL SAVINGS • **Prevent eligible members from needing to start weight management prescriptions** Virtual care with nutrition coaching, connected devices and remote monitoring helps members achieve their weight goals without weight management prescriptions

• **Integrate our program into your prescription benefit plan**
Clients can require or incentivize members to participate in the program to help achieve optimal weight management prescription utilization and improved outcomes

Dedicated care team works with members to help them achieve their weight loss goals



Registered dietitian (RD)

- Develops personalized nutrition plan and supports member with sustained lifestyle change



Provider oversight**

- Adjusts medications as needed, prescribes when appropriate and manages side effects



Primary care provider

- Is notified and consulted as medications are adjusted



Digital apps

- Track lab orders and view results
- Chat with a RD
- Browse meal recommendations
- Log biometrics (A1C, weight and more)

A flexible approach to nutrition helps drive sustainable behavior change

- Members work with a RD to develop a nutrition plan based on personal preferences that helps them maintain healthy changes
- Nutrition plans are tailored using social determinants of health, culturally relevant diets, dietary restrictions and food preferences

Expected outcomes

- Help to maximize weight loss and associated medical savings
- Comorbid condition improvement, including comorbid condition pharmacy management
- Pharmacy savings from guideline-driven weight management and holistic weight loss support



Let's talk about your goals and how this solution can help make a difference.

To learn more or to request an opportunity analysis, contact your CVS Health® representative.

*Approved for weight loss.

**May include endocrinologist.

1. www.fiercepharma.com.

2. <https://www.nejm.org/doi/full/10.1056/NEJMoa2032183>.

3. <https://www.nejm.org/doi/full/10.1056/NEJMoa2206038>.

All data sharing complies with applicable law, our information firewall and any applicable contractual limitations. Actual results may vary depending on benefit plan design, member demographics, programs implemented by the plan and other factors.

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