Virtual Weight Management Solution for Employers

Integrated Care. Smarter Pharmacy Spend. Healthier Workforce.

Advocate Health's new Virtual Weight Management program delivers a high-impact solution to one of the largest and fastest-growing cost drivers for employers—obesity. Employers gain a **single, integrated solution** that drives **cost savings, improved health outcomes, and workforce productivity**.

Advocate Health's Virtual Weight Management program offers an accessible, personalized approach that helps employees manage their weight and improve overall well-being—wherever they are.

GLP-1 medications now account for approximately **21% of total pharmacy spend** up from about 1% in 2020 and costs for employees on GLP-1s have jumped over $23 per month in the past 3 years.*

Why Employers Choose This Solution

- **Manage pharmacy spend** through structured medication oversight, including lifestyle and nutrition support with appropriate discontinuation overseen by obesity certified clinicians.
- **Broad population reach and approach** This program helps a broader range of individuals lose weight and lower their risk of future health complications, such as musculoskeletal issues and hypertension associated with elevated BMI.

Program Benefits

- **Integrated care** with clinician visits and prescription management.
- **Flexible virtual access** for employee convenience.
- **Lifestyle and nutrition coaching** for lasting results.

What Sets Advocate Health Apart

- We concentrate on the most impactful strategies to reduce weight, prevent and improve chronic conditions, and promote productivity
- More than weight management—coordinated care to support a member's broader health needs

Expected Impact

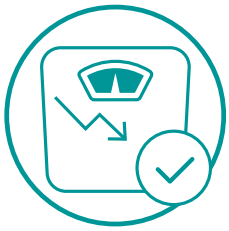
For Employers

State-of-the-art care from one of the Nation's leading health systems

Better Cost Control

Higher engagement with individualized virtual care

For Employees



Sustained Weight Loss

Improved Metabolic Health

Safely Guided Discontinuation

Deliver Better Outcomes With Reduced Costs

SOLUTIONS for employers

Learn how we can work with you.

AdvocateHealthSolutions.org

* Source: [WTW), "GLP-1 Drugs in 2025: Cost, access and the future of obesity treatment," April 11, 2025.