

Innovation in Cardiometabolic Care & GLP-1s



- › Cardiometabolic disease
- › Contributing factors
- › New treatment approaches (GLP-1s)
- › Whole-person care

Cardiometabolic Disease

A group of common but often preventable conditions that affect the cardiovascular system and metabolic health

Including diabetes, obesity, hypertension, heart attack, stroke

42.4%

Of US adults have obesity

\$73.1B

Cost of obesity among
US full-time employees

Lim Y, Boster J. Obesity and Comorbid Conditions. [Updated 2023 Aug 28]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from:

<https://www.ncbi.nlm.nih.gov/books/NBK574535/>

Van Nuys, K. , Globe, D. , Ng-Mak, D. , Cheung, H. , Sullivan, J. & Goldman, D. (2014). The Association between Employee Obesity and Employer Costs. American Journal of Health Promotion, 28 (5), 277-285. doi: 10.4278/ajhp.120905-QUAN-428.

Journey of cardiometabolic diseases

Lifestyle

- › Diet
- › Physical inactivity
- › Genetics
- › Mind-body

Actual Disease

- › Hypertension
- › High cholesterol
- › Obesity
- › Diabetes

Life-threatening Disease

- › Heart attack
- › Stroke
- › Heart failure

What are GLP-1s?

Class of medications that help manage blood sugar (glucose) levels and promote weight loss

Examples include Ozempic, Wegovy, Trulicity, Byetta

How do GLP-1 agonists work?



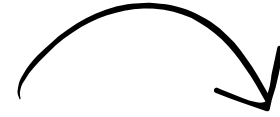
Mimic GLP-1, a hormone that the small intestine makes



Trigger the pancreas to release more insulin, which helps to manage blood sugar



The satiety effect reduces food intake, appetite and hunger



Which typically results in weight loss



Key Issues in 2024



**Are GLP-1s really
a magic solution?**



**How do we handle
GLP-1s from a cost and
systems perspective?**



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