

WEBINAR RECAP:

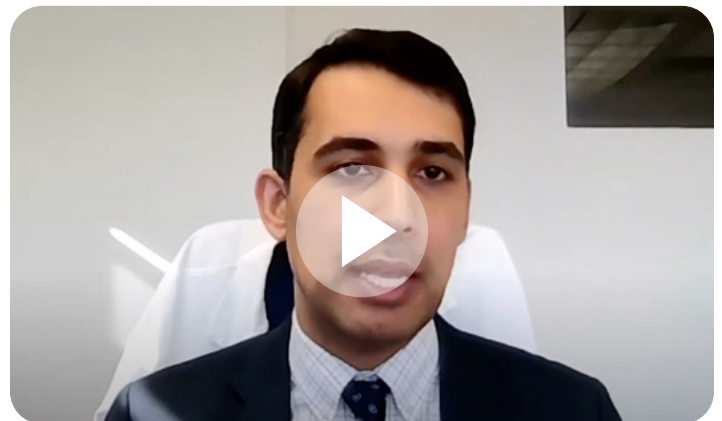
Innovation in Cardiometabolic Care & GLP-1s

The quick rise in popularity of GLP-1s is forcing employers to reevaluate their care and cost strategy for obesity and diabetes. Research is still ongoing but one message is clear – GLP-1s have the potential to transform the way we approach cardiometabolic care.

But two questions need to be considered: *Are GLP-1s really magic?* and *How should we handle GLP-1s from a cost and systems perspective?* Goodpath hosted a webinar with healthcare experts to explore these questions and more. Panelists included Dr. Taher Modaresi from Princeton Cardiometabolic Health, Ms. Jennifer Spence from Alliant, and Dr. Patrick Carroll from Hims & Hers, with moderator Dr. Akl Fahed from Mass General Hospital.

Scale and Scope of Cardiometabolic Dysfunction

Cardiometabolic disease is a group of common but often preventable conditions that affect the cardiovascular system and metabolic health, including diabetes, obesity, hypertension, heart attack, and stroke. Dr. Taher Modaresi emphasizes the importance of weight management in preventing cardiometabolic diseases. **Obesity is a contributing factor to all cardiometabolic conditions, and maintaining a healthy weight can prevent these costly conditions.**



Employers should be concerned about the impact of obesity on their business. Jennifer Spence shared that **employees that have obesity or overweight cost more than double** those that do not (\$13,000 vs \$5,000 annually). If employers want to help these employees improve their health and drive down their medical costs, they need to put an effective solution in place, like lifestyle programs and GLP-1 coverage

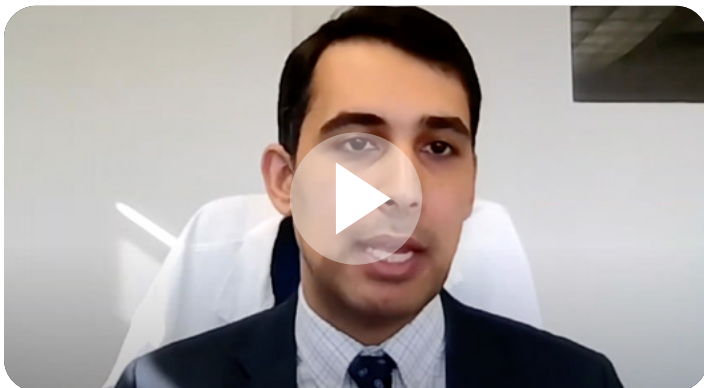


Employer coverage of GLP-1s

As more research emerges about the benefits of GLP-1s for weight loss and beyond, employees are demanding that their employers provide coverage. Jennifer Spence shares that 23% of employers covered GLP-1s in 2023 and **employer coverage is projected to almost double to around 40% in 2024.**



For many employers, providing coverage for GLP-1s is not an easy decision. Some are covering 100% of costs and encouraging qualified employees to use GLP-1s. They believe these drugs will drive a short- and long-term reduction in medical claims and pharmacy costs for obesity and other costly conditions (diabetes, heart failure, strokes) that will far exceed the cost of coverage. Dr. Taher Modarressi confirmed that many patients in his clinic no longer need multiple other medications after starting GLP-1s.



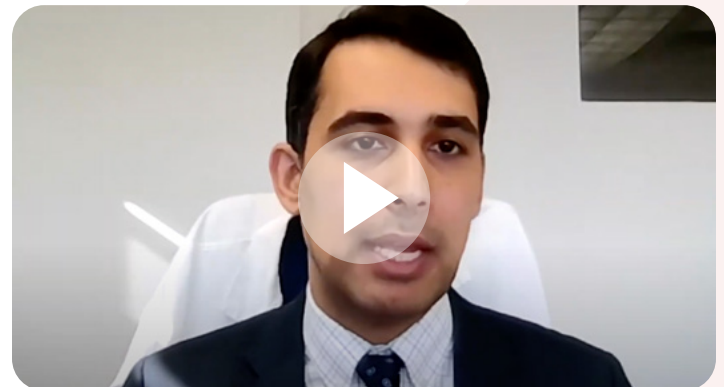
However, other employers are hesitant to cover GLP-1s because they cannot afford the high cost (\$14,000/year/user) without certainty of reduced

claims, especially if employees do not stay at the company long-term. As Dr. Patrick Carroll points out, they may want to explore other options for weight management benefits first if they may not see the long-term savings benefits.

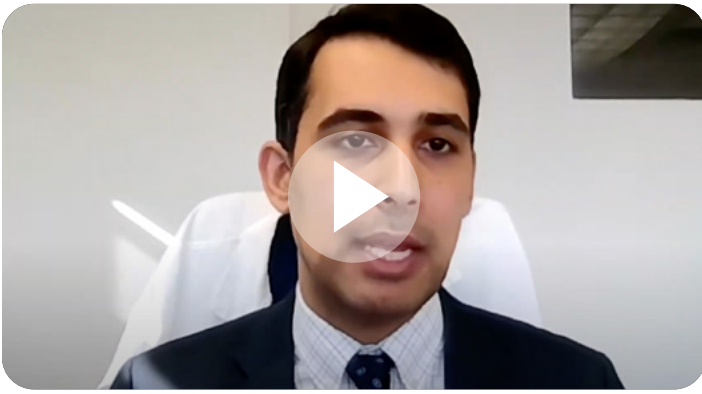


The Urgent Need for Holistic Care

One message was extremely clear from this webinar: GLP-1s must be paired with lifestyle programs that address diet, exercise and more to be effective. Dr. Taher Modarressi treats 80% of his patients at Princeton Cardiometabolic Health with GLP-1s; however, **his patients must show a commitment to making lifestyle changes to maximize the effectiveness of this medication** and improve their health beyond weight loss.



Offering weight management programs is crucial for employers, whether they cover GLP-1s or not. It is the first step to tackle cardiometabolic dysfunction costs and help employees improve their health. Programs that offer coaching, like



Goodpath, are well-positioned to drive health outcomes through behavioral intervention.

Finally, Dr. Taher Modarressi emphasizes that employers must act now. Based on current health conditions, there is a tidal wave of chronic disease coming and employers need to put solutions in place to sustain the long-term health of their employees and their business.

Goodpath's Impact

Goodpath is a whole-person healthcare benefit that treats metabolic conditions and common, chronic conditions often connected to obesity like back and joint pain, insomnia, and mental health issues. Goodpath's obesity care works across the weight management spectrum, improving health whether or not the patient uses GLP-1s.

Never Used GLP-1s

- › Improve weight and possibly avoid need to go on GLP-1s through lifestyle and behavioral health changes

Currently Using GLP-1s

- › Improve health beyond what can be achieved with GLP-1s alone
- › Behavioral health interventions to provide wraparound improvements and manage side effects

Formerly Used GLP-1s

- › Prevent weight rebound and need to use GLP-1s again
- › Manage side effects like muscle loss
- › Address lifestyle and behavioral health

To learn more about Goodpath's whole-person approach and request a demo for your organization, please visit

goodpath.com