

WEIGHT LOSS FOR THE LONG RUN


# MyPath


## Weight Management Program

MyPath combines personalized coaching, proven strategies, and medical support options to help you lose weight, feel better, and live healthier - for good.

- ✔ Personalized Coaching
- ✔ Clinical Support Options
- ✔ Ongoing Support & Accountability

 **40%**  
of U.S. adults are obese

 **1 in 3**  
members discontinue GLP-1s within 4 months

 **Thousands**  
of dollars in wasted plan assets for each non-compliant member



## What is MyPath? A Personalized Weight Loss Built around Your Members

MyPath is a health coach guided program designed to help you lose weight in a healthy, sustainable way. We meet you where you are and create a plan that fits your goals, lifestyle, and health needs.



### 1:1 Coaching

Regular weigh-ins, monthly coaching sessions, and twice monthly meetings.



### Nutrition & Lifestyle

Meal planning guidance, behavioral health coaching, and healthy habit development.



### Member Support

Ongoing support to help members stay compliant and achieve better outcomes.



### Dedicated Clinical Team

Concierge-level support from our experienced clinical team.

## HOW MYPATH WORKS Participation Model

MyPath can be part of the prior authorization process for weight loss medications or can be implemented as part of a wellness program offering.



“MyPath gave me the tools, support, and confidence I needed to finally prioritize my health.”

-Real MyPath Participant

## MyPath at Your Fingertips

Your personalized partner for healthier members. The MyPath app brings guidance, tools, and support together - so members can stay on track every day.

**Daily Tips**  
Get helpful tips and encouragement every day.

**Medication Tracking**  
Stay on top of your meds with reminders and simple tracking.

**Activity Goals**  
Track your steps and stay motivated to move more.

**Progress Monitoring**  
See your progress and celebrate every win.

**Personalized Coaching**  
Access coaching and resources when you need them.

**Long-Term Success**  
Ongoing support designed to help you achieve lasting results.

### Personalized Support Every Day

- ✔ The MyPath app keeps you connected, engaged, and on track throughout your weight loss journey.
- ✔ Daily reminders and healthy lifestyle tips
- ✔ Medication tracking and adherence support
- ✔ Activity and wellness goals
- ✔ Progress monitoring and milestone tracking
- ✔ Easy access to coaching and program resources
- ✔ Ongoing accountability designed to help you achieve lasting results

## Ready to learn more about MyPath?

Take the first step towards the MyPath program for your members.

[Learn more about MyPath](#) 

