

WEIGHT LOSS FOR THE LONG RUN

MyPath

Weight Management Program

MyPath combines personalized coaching, proven strategies, and medical support options to help your members 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 your members to lose weight in a healthy, sustainable way. We meet participants where they are at to create a plan that fits their goals, lifestyle, and health needs.



1:1 Coaching

Regular weigh-ins, with monthly coaching sessions



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 A Glance

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 meds with reminders and simple tracking.

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

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

**Personalized Coaching**
Access coaching and resources when needed.

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

9:41

Hi, Jane
Monday, Dec 29



**Tip of the day**
If you snack, pair protein + fiber (apple + peanut butter, yogurt + berries) to stay satisfied longer.

Due Today

Take your meds0 / 1

Walk 10000 steps956 / 10000

Your Programs

Active Weight Loss Phase (Rx)

Weight Goal
One Time, Until Jun 30, 2026

Please collect your next vital to see progress.

Home

Programs

Check-in

Meds

Coach

Daily, Until Jan 1, 2027

Personalized Support Every Day

- ✔ The MyPath app keeps members connected, engaged, and on track throughout their 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 them achieve lasting results

Ready to learn more about MyPath?

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

[Learn more about MyPath](#) ➡