

SAFEGUARDRX®

# Weight Management Care Value<sup>SM</sup> Program



## MORE THAN LOSING WEIGHT

Obesity is defined as having a BMI of 30 or greater, and is a chronic condition that affects more than 42% of adults in the United States.<sup>1</sup> As if battling to maintain a healthy weight isn't hard enough, being severely overweight negatively impacts almost every aspect of a person's health and can lead to the diagnosis of several debilitating, and deadly diseases, including diabetes, heart disease, and some cancers.<sup>2</sup> This is an epidemic that isn't showing signs of stopping—in fact, by 2030 an estimated 50% of the population will be obese.<sup>3</sup>

## PLAN SPONSORS AND MEMBERS ARE LOSING... BUT NOT THE WEIGHT

While obesity may seem like an individualized issue, plan sponsors lose out, too. Obese individuals can miss more work days due to illness and weight-related medical matters, costing employers lost time and productivity.<sup>5</sup>



**Plans lose cost savings.** Obesity is associated with increases in annual prescription costs of 77% compared to individuals of average weight. In addition, comorbidities such as type 2 diabetes, heart disease and chronic back pain can account for more than \$45,000 in indirect and direct costs per patient per year.<sup>6</sup>



**Members lose, too.** Obese adults spend about \$2,500 more on medical care for themselves than people of healthy weight.<sup>7</sup> In addition to facing the financial toll, patients are also enduring stigmas surrounding obesity—that it's a simple choice to lose weight. But it's much more than that.

Obesity is a chronic illness and epidemic for our society, one that we've struggled to control. It's not just about eating the right foods and exercising—clients and members need a solution that recognizes obesity as the chronic illness that it is and provides the right tools and support to enable better health.



**\$190 BILLION**

is estimated to be spent in the U.S. annually for obesity-related illnesses<sup>4</sup>

**MORE THAN \$45K**

is spent in direct and indirect health care costs per patient annually on comorbidities such as type 2 diabetes, chronic back pain and heart disease<sup>6</sup>

## YOUR MEMBERS WILL START:

- + **Winning with better engagement:** from a Digital Obesity Solution where a cellular-connected scale automatically transfers weigh-ins to a coach for review, and members have access to personalized coaching from registered dietitians, an individualized weight loss program, peer support, and more.
- + **Winning with appropriate access to medications:** where members can fill preferred anti-obesity medication from any in-network pharmacy within the plan sponsor's benefit.
- + **Winning with more specialized and clinical support:** where MDLIVE® provides eligible patients with the option for virtual consults with primary care physicians\*, and the Therapeutic Resource Center® allows specially trained clinicians to help members tackle their personal health barriers.



**In 2021, enrolled plans saved \$17.8M and enrolled members lost an average of 5% of their weight.<sup>8</sup>**

## AND YOUR PLAN WILL START:

- + **Winning with more affordability:** with an early discontinuation reimbursement for your plan if members do not complete at least four consecutive months of therapy, up to \$1,200 per patient.
- + **Winning with more value:** from our National Preferred Formulary (NPF) or Utilization Management (UM) tools to help the right patients have access to the right medication.
- + **Winning with lower downstream spend:** as enrolled plans avoided \$19.7M in unnecessary medical costs associated with obesity and diabetes as a result of the clinical impacts of the digital solution.<sup>8</sup>



**For more information about the Weight Management Care Value program and how SafeGuardRx makes medicine work harder, visit [SafeGuardRx.com](https://www.safe-guardrx.com) or contact your account representative.**

The Weight Management Care Value program is part of the SafeGuardRx portfolio that helps save lives and money by focusing on the most costly and complex conditions. We're excited to bring these solutions to you as Evernorth<sup>SM</sup>, leveraging the specialized clinical model and value-based contracting strategies from Express Scripts PBM.

1. Centers for Disease Control and Prevention, Obesity and Overweight
2. Adult Obesity Causes & Consequences. Centers for Disease Control and Prevention.
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4. Cawley J, Meyerhoefer C. The medical care costs of obesity: an instrumental variables approach. Journal of Health Economics. (1):219-230. 2012
5. Oster, G., Thompson, D., Edelsberg, J., Bird, A. P., & Colditz, G. A. (1999). Lifetime health and economic benefits of weight loss among obese persons. American journal of public health, 89(10)
6. America's Obesity Crisis: The Health and Economic Costs of Excess Weight. Milken Institute. Oct. 2018.
7. Cawley J, Biener A, Meyerhoefer C, Ding Y, Zvenyach T, Smolarz BG, Ramasamy A. Direct medical costs of obesity in the United States and the most populous states. J Manag Care Spec Pharm. 2021 Mar;27(3):354-366. doi: 10.18553/jmcp.2021.20410. Epub 2021 Jan 20. PMID: 33470881.
8. 2021 SafeGuardRx Data

\*MDLIVE outreaches will begin on 7/1/2022

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