

SAFEGUARDRX®: WEIGHT MANAGEMENT CARE VALUE<sup>SM</sup> PROGRAM**The obesity battle is more than losing weight**

Obesity is defined as having a BMI of 30 or greater, and is a chronic condition that **affects more than one in three 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>

*Estimated annual  
medical costs for  
obesity-related  
illnesses are*

**\$190B**

*in the U.S.<sup>4</sup>*

**Even a 5% weight loss could vastly improve a member's overall health and reduce your plan's downstream medical spending.**

**Plan sponsors — and members — are losing, and 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>

**Weight loss therapies, when paired with a low-calorie diet and increased physical activity, can help individuals lose the weight and keep it off. But while these weight loss therapies have been available for years, they come with barriers:**

- **Lack of coverage:** Anti-obesity medications historically have not been covered by plans because weight loss was considered a cosmetic treatment, and not a medical condition, even though injectable weight loss therapies can help adults lose an additional 5-7% of their excess weight.<sup>6</sup>
- **Low adherence:** Even once it's determined that an individual is a good candidate for prescription support, 20-30% of patients do not receive a second fill. Patients are losing due to suffering from medication side effects, the frustration from slow and steady weight loss vs. quick results, or not having the right support system as part of an overall treatment plan.

**Obesity has become a chronic illness and epidemic for our society, one that we've struggled to control. And that requires a specialized, focused solution that allows us to start winning the losing battle. It's not just about eating the right foods and exercising – plan sponsors need a solution that recognizes obesity as the chronic illness it has become. **And like most illnesses, it can be treated, managed, and even won.****

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3. Ward, Zachary J. and Bleich, Sara N. and Craddock, Angie L. and Barrett, Jessica L. and Giles, Catherine M. and Flax, Chasmine and Long, Michael W. and Gortmaker, Steven L. (December 19, 2019). Projected U.S. State-Level Prevalence of Adult Obesity and Severe Obesity. *New England Journal of Medicine*, 381:2440-2450.

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)

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## Win the losing battle with the Weight Management Care Value<sup>SM</sup> program

The SafeGuardRx<sup>®</sup> platform addresses the most complex cost and care challenges on the horizon through proven value-based strategies. Our Weight Management Care Value program can help patients and payers reap the benefits of winning the difficult battle of losing weight. By coupling access to anti-obesity medications with a mix of member support tools, your plan will be taking action to stem this growing epidemic.

**With the Weight Management Care Value program, your plan and your members will start:**



**Winning with more connection 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 more support from Express Scripts Therapeutic Resource Center<sup>®</sup>** where specially-trained clinicians help members tackle their personal health barriers.



**Winning with more convenient access to anti-obesity medication** from any in-network pharmacy within your benefit.



**Winning with more predictability with an early discontinuation reimbursement** for your plan if members do not complete at least four consecutive months of therapy.



**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.

**Help your members start winning at losing. Visit [SafeGuardRx.com](https://www.SafeGuardRx.com) and contact your Express Scripts account team today to enroll in the Weight Management Care Value program.**