

Weight care IS healthcare

As advancing science drives increased recognition of obesity as a complex chronic condition with far-reaching health consequences, employers and health plans are at the forefront of the shift to full-spectrum weight care.

Weight health:



Encompasses behavioral, clinical, and community care

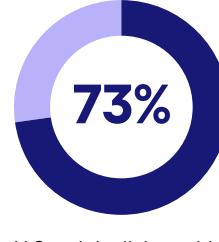


Reduces the burden of obesity-related chronic diseases



Improves quality of life

The weight-health connection



U.S. adults living with overweight or obesity¹

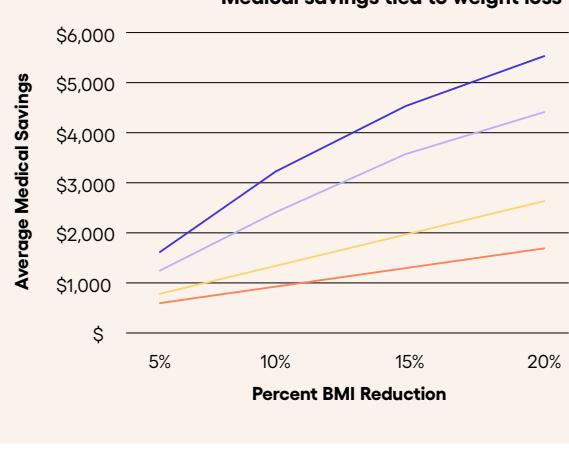
Chronic conditions associated with overweight and obesity include:²

- Type 2 diabetes
- High blood pressure
- Cardiovascular disease
- Certain cancers
- Kidney disease
- Metabolic syndrome
- Osteoarthritis
- Sleep apnea

The benefits of weight care as healthcare

Enhanced investment in and access to weight healthcare benefits helps to:

- ✓ Improve health outcomes³
- ✓ Reduce healthcare costs⁴
- ✓ Enhance quality of life
- ✓ Lower mortality rates



The value of full-spectrum weight health

Offering a range of weight care options supports employees and their families in building and strengthening healthy habits, with ripple effects beyond weight.

Interest in weight health is high

GLP-1 medications offer a game-changing clinical treatment option

Enhanced access to full-spectrum care drives better health outcomes

69%

of consumers would like their employer to offer weight health solutions, including access to:⁵

- Weight management support
- Behavior and lifestyle change programs
- Prescription weight-loss drugs

Second-generation GLP-1s are highly effective:

- ▲ Weight-loss amounts up to 21%⁶
- ▲ Reduced risk of cardiovascular disease⁷

GLP-1 cost implications can be managed through:

- Eligibility
- Cost-sharing
- Mandatory behavioral program integration

People who combine WeightWatchers virtual clinic and behavior change program achieve **11% more weight loss**.⁹

After six months, participants in the WeightWatchers Diabetes Program:

Lowered their HbA1c by **0.75**¹⁰

Achieved **5.7%** average weight loss¹⁰

12%

of U.S. adults have used a GLP-1 medication⁸

Take the next step in weight healthcare coverage

WeightWatchers for Business is here to help. We take a consultative approach to help you provide integrated, whole-person weight health solutions across the full spectrum of behavioral, community, and clinical care.

Learn more about what the evolving weight health landscape means for your organization. [Download our white paper](#).



¹ Adult Obesity Facts. Centers for Disease Control and Prevention, May 2024.

² Health Risks of Overweight and Obesity. National Institute of Diabetes and Digestive and Kidney Diseases, May 2023.

³ Fruh SM. Obesity: Risk factors, complications, and strategies for sustainable long-term weight management. J Am Assoc Nurse Pract. 2017 Oct;29(S1):S3-S14. doi: 10.1002/2327-6924.12510. PMID: 29024553; PMCID: PMC6088226.

⁴ Thorpe K, Toles A, Shah B, Schneider J, Bravata DM. Weight Loss-Associated Decreases in Medical Care Expenditures for Commercially Insured Patients With Chronic Conditions. J Occup Environ Med. 2021 Oct 1;63(10):847-851. doi: 10.1097/JOM.0000000000002296. PMID: 34138824; PMCID: PMC8478295.

⁵ WeightWatchers for Business-commissioned survey conducted by Dynata, July 2024.

⁶ GLP-1s: New research reveals health benefits beyond weight loss. WeightWatchers for Business webinar, August 2023.

⁷ Yazici D, Yapici Eser H, Kiyici S, Sancak S, Sezer H, Uygur M, Yumuk V. Clinical Impact of Glucagon-Like Peptide-1 Receptor Analogs on the Complications of Obesity. Obes Facts. 2023;16(2):149-163. doi: 10.1159/000526808. Epub 2022 Nov 8. PMID: 36349778; PMCID: PMC10028372.

⁸ Harris E, Poll: Roughly 12% of US Adults Have Used a GLP-1 Drug, Even If Unaffordable. JAMA. 2024;332(1):8. doi:10.1001/jama.2024.10333

⁹ Ard JD, Hong YR, Foster GD et al. Twelve-month analysis of real world evidence from a commercial telehealth obesity treatment provider. Under Review. 2024.

¹⁰ Apolzan JW, LaRose JG, Anton SD, Beyl RA, Greenway FL, Wickham III EP, Lanoye A, Harris MN, Martin CK, Bullard T, Foster GD. A scalable, virtual weight management program tailored for adults with type 2 diabetes: effects on glycemic control. Nutrition & Diabetes. 2023 Apr 6;13(1):3.