



Weight Management & GLP-1 Support Program

Castlight's Weight Management & GLP-1 Support Program delivers a fully integrated, outcomes-driven approach to weight and metabolic health. By pairing appropriate medication use with longitudinal, team-based support, we focus on outcomes that last beyond medication use; not just short-term weight loss.



Designed for Sustainable Outcomes, Not Just Medication Use

Our program combines evidence-based nutrition and behavior change with clinical oversight and, when appropriate, medication support. GLP-1s are used as part of a broader, team-based care model, and not as a standalone solution. This approach focuses on sustainable outcomes, delivering lasting health improvements and long-term value beyond medication use alone.



Appropriate medication prescribing and adherence



Clinically meaningful and sustainable weight loss



Improvement in weight-related comorbid conditions



Reduced inappropriate and high cost care utilization



Lower total cost of care for clients and members

Services

- **Appropriate GLP-1 prescribing** in alignment with FDA indications, clinical guidelines, & health plan coverage; prescribing is never automatic & is contingent on meeting medical criteria
- **Ongoing medication safety monitoring** for GLP-1 users, including side effect management, dose titration support, & overall medication management support
- **Personalized Medical Nutrition Therapy** for metabolic health, comorbidity management, & sustainable habit change
- **Behavioral coaching** to address the emotional, environmental, & cognitive factors influencing weight management
- **Continuous communication** with the member's PCP to align care plans & ensure safe, coordinated treatment

Benefits for You and Your Members

- **Reduced total cost of care** through lower pharmacy spend, improved health outcomes, & reduced high-cost care utilization
- **Decreased waste in drug spend** via clinically appropriate prescribing & deprescribing
- **Improved quality outcomes** for weight-related conditions such as type 2 diabetes, cardiovascular disease, & hypertension
- **Differentiated patient experience** through a whole-person, integrated approach that addresses lifestyle, behavior, & medical needs; not just medication
- **Improved quality outcomes** related to obesity-related comorbid conditions such as type 2 diabetes & cardiovascular disease
- **Sustained impact** by equipping members with the skills, habits, & support to maintain results beyond active program participation



Program Pathways

Each pathway provides lifestyle intervention and behavior modification. A member enters one of three program pathways based on clinical criteria and active GLP-1 usage.

	Eligibility	Engagement Conditions
Medical Management	On or clinically appropriate for GLP-1 and: BMI ≥ 30 , or BMI 27-30 plus a weight-related condition	Must engage in program to receive GLP-1 prescription and continued refills
Diabetes Education (DSMES)*	On or clinically appropriate for GLP-1 and: T2DM (with or without obesity)	No engagement conditions
Lifestyle Management	GLP-1 denied and/or do not meet evidence-based clinical criteria. Interested in weight loss and no GLP-1 usage or prescription	No engagement conditions

*Castlight's nationally accredited Diabetes Self-Management Education & Support (DSMES) Program.

A Full Care Team to Defragment the Care Journey

Every participant receives individualized, coordinated care from our integrated care team; including a Registered Dietitian, RN Care Manager, Board-Certified Health Coach, Care Guide, and their Primary Care Provider.

Primary Care Provider

- GLP-1 prescribing and medical oversight
- Receives care plans and visit summaries
- Long-term medical oversight

RN Care Manager

- Program triage and clinical intake
- Weight-related comorbid condition management
- GLP-1 management check-ins
- Titration and weaning support

Care Guide

- Benefit and coverage support
- Scheduling and care coordination
- Outreach & asynchronous support

Registered Dietitian

- Personalized nutrition education
- GLP-1 side effect management and mitigation
- Adherence and sustainability support
- Metabolic and weight health optimization

Health Coach

- Habit-building and lifestyle support
- Collaborative goal setting
- Behavior change and accountability partner
- Ongoing support post-program

