

Lasting Weight Loss Solutions Personalized For You!

A scientifically proven, sustainable lifestyle solution that includes:

- Access to \$0 copay medications that help you lose weight
- Support on your weight loss journey with a personal Health & Well-being Coach
- Nutritional guidance and healthy eating options that fit you
- Free, connected weight scale and app to help you track and manage your goals (a \$250 value)
- Reminders and ongoing encouragement to keep you on track and minimize weight re-gain
- Pharmacist support to guide safe and appropriate medication options for you to discuss with your doctor

Effective July 1, 2025, you will no longer be able to get Wegovy® and Zepbound® through your Blue Cross benefit.

The **Good Health Gateway®** Healthy Weight Program is a free benefit that will launch on July 1, 2025. Participants will be able to get up to 12 free fills of Wegovy® or Zepbound® along with personalized support to achieve and maintain a healthy weight. You and your family members ages 18 and over who are enrolled in an active SMHG health plan will be eligible to join the program at any time if your healthcare provider has determined you have a weight related health condition such as obesity and are currently taking Wegovy® or Zepbound®.

Before you sign up, you will need to answer some questions about yourself and talk to your doctor to determine if this benefit is right for you.

Participation is voluntary and confidential.

