

AchieveHealth[®]

Healthy Weight Program

We're here to support you on your journey to better health. The **AchieveHealth Healthy Weight Program**, **powered by TrestleTree**, combines compassionate lifestyle coaching and doctor-prescribed GLP-1 medication to help you:

- Reach a healthy weight
- Maintain your progress
- Build sustainable habits for long-term success
- Improve your overall wellbeing

Note: *If you and your doctor decide that a GLP-1 weight loss medication is right for you, enrolling in this program is required to receive the \$25 discounted co-payment for weight-loss medication through RxSaveCard.*



How the Program Supports You

You'll be paired with a personal health coach to help you every step of the way. Together you'll:

- Make meaningful lifestyle changes (nutrition, exercise, and self-care)
- Tap into tools and resources from your employer and community
- Learn how GLP-1 medications work and what to expect
- Explore the best weight loss medication options with a provider—or get help finding one

Once enrolled, you'll receive:

- An email with more details about the program.
- A **free wireless scale** to track your progress. *If the scale isn't a good fit, we'll work with you to find another way to track your progress.*



Weight-loss medications work differently.
Your coach and doctor will help you find the right fit and understand any potential risks.

Your Commitment

At the heart of this program is the relationship built with your health coach, but it also requires your dedication to stay engaged. To stay enrolled and maintain your **\$25 discounted co-payment for weight-loss medication through RxSaveCard** you must:

- **Meet** with your health coach **every 30 days**
- **Complete weekly weigh-ins** (using the provided scale)
- **Avoid missed appointments:**
2 consecutive no-shows = automatic discontinuation of the **\$25 discounted co-payment for weight-loss medication through RxSaveCard**

Important

If you choose not to participate or discontinue coaching, **you will no longer be eligible for the \$25 discounted co-payment for weight-loss medication through RxSaveCard.**

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Coaching + medication = a proven path to long-term success

Why Work with a Coach?

Your coach will be your health partner. They offer:

- Guidance on medication use and side effects
- A plan that's tailored to your unique journey
- Encouragement and personalized support

What to Expect When Enrolling

- Complete a brief health assessment.
- Get matched with your personal coach.
- A scale will be sent to you once a data sharing agreement allowing your weight to be transmitted from the electronic scale to AchieveHealth has been signed. Your personal health information will never be shared with your employer.

Once the first appointment is completed with your health coach and an initial weight is obtained from the iHealth scale:

- AchieveHealth will automatically notify RxSaveCard that you are eligible for the discounted co-pay
- RxSaveCard will send an email with instructions on how to log in to your RxSaveCard Member Dashboard to activate your account and get your medication delivered to you, directly from the manufacturer (a prescription from your provider is required)

Discounted Weight-loss Medication Process

To maintain the **\$25 monthly discounted co-pay for weight-loss medication** through RxSaveCard, you must:

- Complete one coaching call every 30 days
- Complete weekly weigh-ins using the provided electronic scale

Ready to Get Started?

Call: 866-234-4635 [Monday–Thursday, 9 a.m. – 7 p.m., Friday, 9 a.m.– 6 p.m. ET]

Visit: enroll.hpiachievehealth.com



Questions?

Program or Coaching:
Call **AchieveHealth** at
866-234-4635