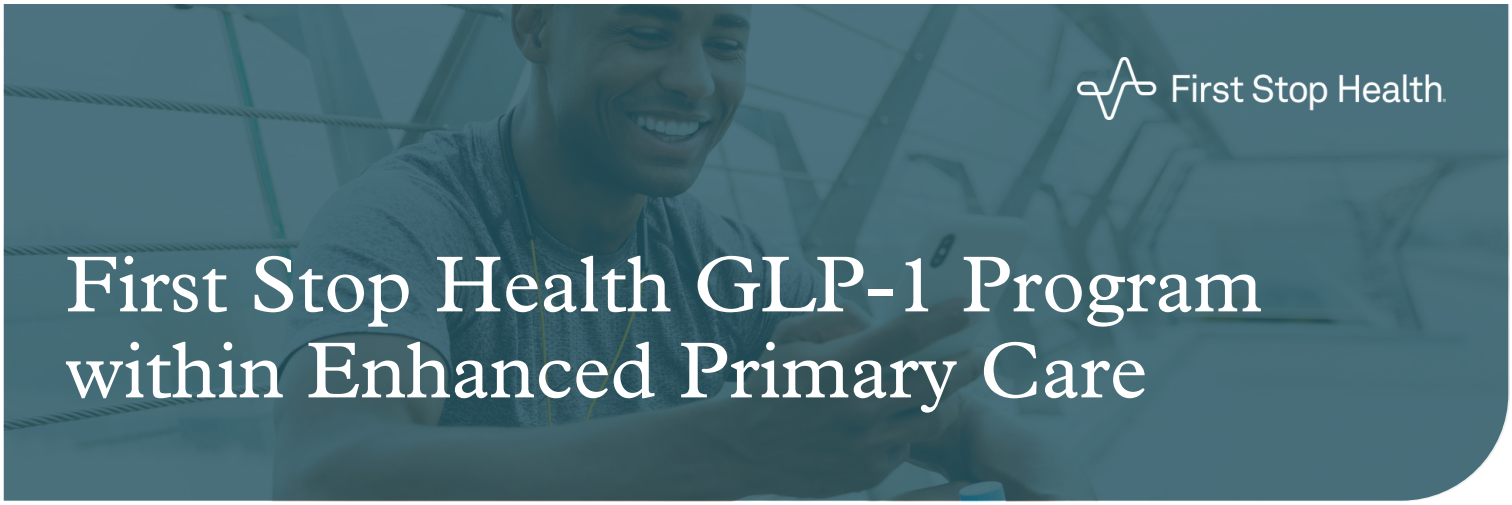


First Stop Health

First Stop Health GLP-1 Program within Enhanced Primary Care

PROGRAM OVERVIEW

First Stop Health provides a comprehensive, evidence-based GLP-1 and weight management program as part of its Enhanced Primary Care platform. This program combines behavioral coaching, nutritional counseling, and medical oversight to support safe, sustainable weight loss for eligible members.

Medication Consideration and Clinical Flexibility

First Stop Health providers will consider all appropriate medications, including generic weight-loss medications, based on each member's clinical profile, social determinants of health, and willingness or ability to pay. Our prescribing decisions are informed by a whole-person view and a commitment to affordability, safety, and long-term success.

Clinical Eligibility for GLP-1 Medications *(Based on FDA Guidelines)*

- Body Mass Index (BMI) of 30 or higher
- Or BMI of 27 or higher with at least one comorbidity (e.g., hypertension, diabetes)
- GLP-1 prescriptions are considered when clinically appropriate and must follow FDA guidelines

Required Clinical Engagement

To support continued use of GLP-1 medications, all members—regardless of whether the prescription originates from an First Stop Health provider or an outside provider—must complete at least **10 clinical sessions annually.** These sessions may include visits with:

- A First Stop Health primary care provider
- A registered dietitian
- A certified diabetes educator
- A health coach

Our care model is team-based to ensure that each member receives the right type of support at the right time.