First Stop Health

First Stop Health Healthy Weight Program

A clinically governed approach to managing GLP-1 use, without adding cost or complexity

Why It Matters

GLP-1 medications are one of the fastest-growing drivers of healthcare spend—but the real challenge isn't whether to cover them. It's how to manage them responsibly.

First Stop Health brings structure, clinical oversight, and accountability to what is often fragmented and unmanaged.

How It Works

1

Prescribing & Clinical Oversight

- FDA-aligned prescribing with full clinical evaluation
- Ongoing monitoring (labs, weight, side effects, outcomes)
- Step-down or discontinuation when appropriate
- Plan-aware prescribing aligned to coverage and prior authorizations

2

Lifestyle & Behavior Support

- Integrated care team: PCPs, dietitians, health coaches, and mental health providers
- Nutrition guidance, muscle preservation, behavior change
- Unlimited $0 virtual visits for ongoing engagement

3

Cash Pay & Discount Rx Options

- Coordinate GLP-1 access through cost-effective pathways
- Align with employer-preferred dispensing channels
- Simplify cash-pay access for affordability and ease

4

Plan Integration

for plans covering GLP-1s

- Prior authorization support and documentation
- Alignment with formulary and PBM requirements
- Support for both covered and non-covered population

One Client's Successes

- 100% of patients lost weight
- Average weight loss: 19% of body weight per person
- No patients remained in Class 2 or 3 obesity after 12 months
- 25% achieved normal weight (BMI <25).



First Stop Health

What Makes First Stop Health's Model Different

We put GLP-1s inside a primary care relationship. This means:

- No fragmented prescribing, no app-based coaching, and true longitudinal care
- Clinical governance + lifestyle support = Better outcomes
- Plan-aware prescribing = Smarter utilization
- Built into Primary Care = No additional cost to clients

Flexible for Any Employer Strategy

Employers Who Don't Cover GLP-1s

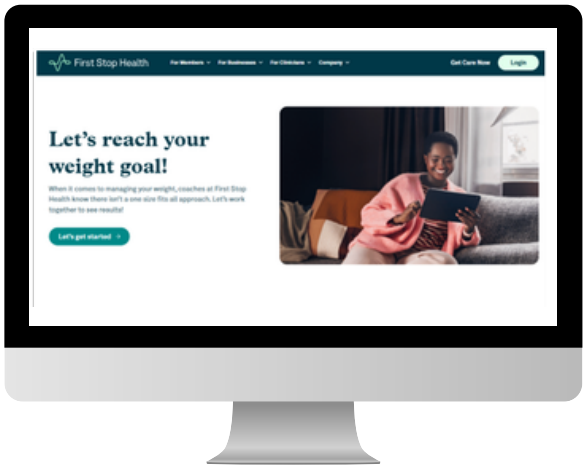
Guided access to affordable pathways (e.g., manufacturer programs) and full clinical oversight without adding claims exposure

Employers Who Do Cover GLP-1s

Structured prescribing aligned to plan requirements, clinical documentation and prior authorization support, and strategies to improve appropriate utilization

Employers Considering Coverage

Add GLP-1 support with a built-in clinical management model from day one



What's New in 2026

Structured Cash-Pay Access

- Simplified, lower-cost access for non-covered populations
- Reduces fragmented, unmanaged prescribing

Managed Coverage Program

- Prescribing tied to clinical engagement (e.g., visit cadence)
- Weekly engagement tracking and reporting
- Adds accountability without changing benefit design

Key Takeaways

- Works with any plan design
- Adds clinical governance, not disruption
- Included with Primary Care at no additional cost

