



Lyric Health Expands Telehealth Services to include GLP-1 Weight-Loss Program

These expanded services enable wider accessibility of GLP-1 medications to our more than six million members across Lyric's nationwide network

McKinney, TX., December 10, 2024 –[Lyric Health](#), an award-winning virtual-first primary care leader, announced today a significant expansion of its virtual care services. Introducing [Lyric Lean: Guided Steps to Lasting Weight Loss](#), a meticulously designed weight management care program that prioritizes overall health and long-term success. This new initiative includes access to GLP-1 medications as one of many tools to combat the obesity epidemic, emphasizing a holistic approach rather than quick-fix solutions.

Lyric Lean is designed in direct response to the needs of our employer groups. The program counterbalances the escalating demand, and the financial burdens associated with health issues caused by obesity and diabetes, notably the rising costs imposed by GLP-1 medications. Lyric Lean ensures substantial savings for employers and employees while effectively supporting weight loss goals.

Lyric Lean's program's efficacy takes a comprehensive and holistic approach to address the multifaceted aspects of obesity and weight loss. From initial assessment with clinicians to ensure a thorough understanding of members' medical history and potential drug interactions, safeguarding members' overall well-being. "Our program goes beyond traditional weight loss initiatives by prioritizing all aspects of weight gain, providing mental health support, offering dietary and nutrition support as an integral component of care," explained Sheena Colwill, MSN, FNP-BC, Clinical Advisor for Lyric Health. By addressing the factors contributing to weight gain and obesity, Lyric will empower members to cultivate positive habits, overcome barriers, and sustain long-term success. Additionally, members will have access to lab testing, prescription delivery services, and Bluetooth-enabled devices for continuous monitoring by their clinician, facilitating real-time adjustments and changes for long-term success.

GLP-1 and other weight-loss medications remain in the spotlight due to consumers' surging demand and significant financial strain on corporations and insurance providers due to their exorbitant costs. The cost of obesity for healthcare in the United States is staggering, both in terms of financial burden and human suffering. With millions of Americans grappling with obesity-related health issues such as diabetes, cardiovascular diseases, and certain types of cancer, the strain on the healthcare system is immense. Studies show that there were 46.5 million U.S. prescriptions dispensed for GLP-1 class drugs for diabetes and obesity in 2023 and that seven out of 10 adults and three out of 10



children in the United States are overweight or obese, according to the Centers for Disease Control and Prevention.

Notably, GLP-1s for weight loss now exceed the use for diabetes treatment. These medications are costly, posing a financial challenge for employers. [A recent survey by the research firm Virta](#) revealed that 72% of health plan leaders consider the high costs of GLP-1s a serious concern.

Lyric Lean aims to minimize costs, alleviating members' burdens while helping reduce claims and expenses for employers. "The introduction of Lyric Lean underscores Lyric's mission to improve patients' lives with fully integrated, end-to-end virtual care services that lead to better health outcomes and minimize employer costs. By seamlessly integrating primary care, mental health support, and ongoing treatment into the Lyric Lean step therapy program, Lyric has positioned itself to redefine the benchmarks of care for those contending with obesity and weight loss issues", said Stefanie Manley, VP of Clinical Operations Lyric Health.

For more information about Lyric and its programs, visit www.getlyric.com. Lyric's parent company, [MyTelemedicine](#), is the white-label technology resource for numerous weight loss companies in this space and partners with hundreds of telehealth companies as its technology solution.

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ABOUT LYRIC HEALTH

Lyric Health is the service arm for MyTelemedicine and is an award-winning virtual care provider offering a comprehensive suite of virtual care services, including virtual urgent care, virtual primary care, behavioral health, dermatology, care coordination, and care navigation services.

Our solutions mitigate risk, reduce healthcare expenses, improve efficiency and effectiveness, and produce favorable outcomes for our clients. In 2024 MyTelemedicine was ranked by JD Power as the #1 Telehealth Service Provider in their annual Telehealth Satisfaction Survey.

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