

Getting Started on a Weight Loss GLP-1 Medication | Guide for Wellmark Members

This guide provides an easy-to-follow overview of the steps involved in participating in the UnityPoint Health weight loss GLP-1 medication management pilot program. From your first appointment to ongoing support, we're here to help you achieve your weight loss goals. Follow the steps below, and feel free to reach out to your doctor or our Medication Therapy Management (MTM) team if you have any questions along the way.

This program is available for those who live within a 30-mile radius of a UPH pharmacy (excluding team members who live in the Sioux City Market or Wisconsin). If you're unsure whether you're in the covered area, please contact the UPH Medication Therapy Management (MTM) team for assistance.

If you live outside the 30-mile radius and are willing to travel to a UPH pharmacy in Iowa or Illinois, you may choose to opt into the program. Regardless, select resources listed below are still available to support you on your journey.

STEP 1: SCHEDULE APPOINTMENT



Schedule a visit with a UnityPoint Health Primary Care Provider (PCP) or Weight Loss Clinic.

- If you're not currently seeing a UPH physician/APP, you can find one near you by visiting unitypoint.org/providers.
- ALL GLP-1 weight loss referrals must be started by a UPH physician/APP.

STEP 2: ELIGIBILITY REVIEW



Your doctor will review whether you're a good candidate for the medication and submit a referral to the UPH Medication Therapy Management (MTM) team.

STEP 3: APPOINTMENT WITH MTM PHARMACIST



If you meet the prior authorization requirements, an MTM pharmacist will schedule a consultation to:

- Review the program requirements:
 - Regular appointments with an MTM pharmacist
 - Weight tracking, labs, etc.
- Provide details on how to access supportive resources including:
 - GLP-1 Guide to Wellness
 - Journey to Wellness Coaching Program (for UPH team members and their spouses only)
 - Wellbeats
 - Healthy Recipes

STEP 4: MEDICATION PRESCRIBED



Following your initial consultation, the MTM pharmacist will send a prescription to the UPH pharmacy closest to you for pickup.

STEP 5: INJECTION TRAINING



MTM will provide details on how to properly inject your medication.

STEP 6: ONGOING MONITORING



MTM will schedule follow-up visits on an established cadence to track your progress and adjust your treatment plan as needed.

STEP 7: CONTINUOUS SUPPORT



Leverage the provided wellness resources, including wellness coaching, healthy recipes and Wellbeats programming.



Questions?

For questions regarding the GLP-1 weight loss pilot program contact:
UPH Medication Therapy Management (MTM) team at (877) 219-1294 or UPH AskHR at (888) 543-2275

UPH Pharmacies

Click [here](#) to access a list of UPH retail pharmacies.



UnityPoint Health