

Enabling real-world results through provider-guided virtual care

THE CHALLENGE

Long-term weight loss management

Weight management is a critical health priority with 40.1% of U.S. adults classified as obese.¹

And while more than half of adults in the U.S. want to lose weight, more than 50% of lost weight is regained within two years for many people.²

This underscores the need for sustained engagement and comprehensive support.

Evernorth's approach to weight loss management

GLP-1s are a powerful solution, transforming the weight loss landscape in recent years, with spend growing 500% from 2018 to 2023.³ But medication alone is not enough, and when persistence wanes around the year mark for most patients, ongoing support and engagement is critical for patients' long-term health.

HOW IT WORKS

MD Live by Evernorth engagement approach

MD Live supports patients in their long-term weight management journeys by offering provider-guided, personalized care plans tailored to their individual needs. Along with regular check-ins, patients remain engaged with consistent communication, digital tools and ongoing support to help keep them motivated and accountable, which fosters the long-term behavioral change that drives lasting outcomes.

A comprehensive support system—along with GLP-1s—is key to supporting a patient's long-term health success.

ILLUSTRATIVE EXAMPLES OF IMPACT⁴

27.4 lbs

average weight loss for those who reported weight loss at six months

23

average monthly engagements for those who lost weight

68%

of those who lost weight engaged more than 10 times

1. Obesity and severe obesity prevalence in adults, National Center for Health Statistics, 2024.; 2. Maintenance of lost weight and long-term management of obesity, National Library of Medicine, National Center for Biotechnology Information, 2019. 3. Spending on GLP-1s has grown dramatically, AMA, 2025. 4. WellDoc internal data for patients on an MD Live weight management care plan for at least 6 months. Data collected from May 2024-September 2025. Small sample size. Results may vary.

▶ [Learn more about MD Live and watch the webinar](#)