

SEASON

# A Solution to the GLP-1 Cost Crisis



## The problem

Americans are increasingly seeking glucagon-like peptide 1 (GLP-1) receptor agonist drugs for weight loss and diabetes management, leading to a sharp increase in prescriptions over the past few years and unprecedented impacts:

2,082%

increase in prescriptions since 2019<sup>1</sup>

\$10,000

per member, per year<sup>2</sup>

2/3 weight re-gain

after stopping weight loss medication<sup>3</sup>

Lifestyle management interventions coupled with thoughtful prescription programs are the key to sustained behavior change and outcomes.<sup>4</sup> **Season Health** is the industry leading food-as-medicine platform designed to drive sustained weight loss in concert with members' GLP-1 plan. We do this through our practice of **registered dietitians and a curated food marketplace** via value-based programs. Our programs are fully at risk against clinical and engagement outcomes and key cost of care indicators, so that **employers and health plans can deliver exceptional care while managing costs.**

## Our offerings to support GLP-1 programs



### When considering a GLP-1

Season provides a lifestyle program that can prevent the need for a GLP-1, or if a GLP-1 is deemed medically necessary, Season educates and prepares members for their prescription.



### During use of GLP-1

For members who have been using a GLP-1, Season provides a lifestyle program to complement the prescription, assist with medication management, and help the member build healthy habits for long-term success.



### Off-ramp from GLP-1

For members who have been using a GLP-1 and are looking to cease use, Season provides an off-ramp into a lifestyle program for sustained results, preventing the "yo-yo" effect and future GLP-1 prescription.



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## The Season Health approach

An **individually tailored nutrition prescription** and access to Season's platform with **over 200,000 recipes** along with medically-tailored meals and groceries.

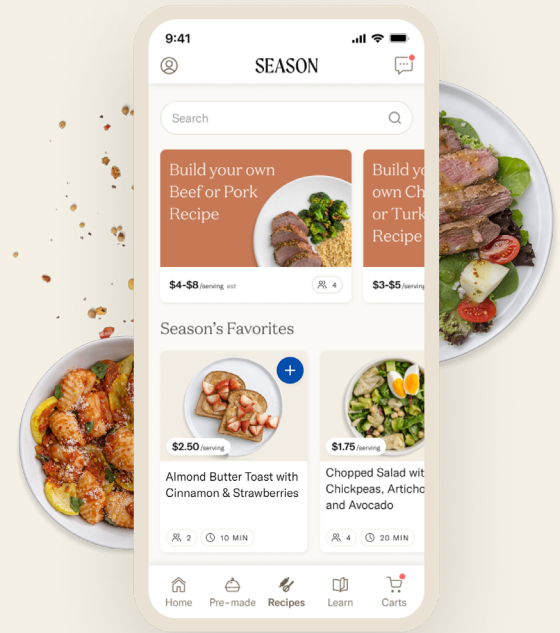
**One-on-one medical nutrition therapy** provided by a dedicated registered dietitian to promote sustainable lifestyle and behavior change.

A dedicated **peer support group** and on-demand nutrition and culinary **education**.

Access to Season's **Benefits Bank**, with integration of existing payer and government benefits.

**Regular reassessment of the patient's condition**, biomarkers, and needs.

Stepping down to a **maintenance phase**, with continued access to Season's platform and resources to support long term change and sustained outcomes.



"I wouldn't know where to start without Season. Thank you - I couldn't do it without your help."

- a Season member using GLP-1, navigating medication management

## Season's outcomes

In a recent study, Season members demonstrated the following clinical improvements and behaviors.

**-2.32%**

Avg. 90 day BMI reduction  
(starting BMI > 28)

**-1.34**

Avg. 90 day A1c reduction  
(starting A1c ≥ 8)

**90%+**

of members are engaged  
at 6 months

## Season provides value

Season works flexibly with health plan customers to design the optimal business model for these programs. Dependent on plan, Season estimates a 3:1 return on investment in year one of these programs.

Interested in learning more about partnering with Season on weight management for your member population?

**Contact: [partnerships@seasonhealth.com](mailto:partnerships@seasonhealth.com)**

### References

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4. Spreckley M, Seidell J, Halberstadt J. Perspectives into the experience of successful, substantial long-term weight-loss maintenance: a systematic review. *Int J Qual Stud Health Well-being.* 2021;16(1):1862481. doi:10.1080/17482631.2020.1862481