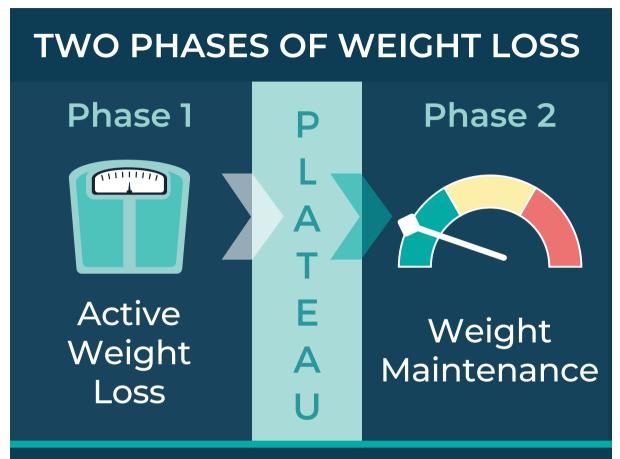
## **BALANCING INNOVATION AND AFFORDABILITY** IN ANTI-OBESITY MEDICATIONS



GLP-1 anti-obesity drugs are highly effective for significant & durable weight loss, but high cost, long duration of therapy, and manufacturing shortages present significant barriers to equitable access

## POTENTIAL IMPACT OF AN **ALTERNATIVE WEIGHT** MAINTENANCE PROGRAM

Transitioning patients who have achieved a weight loss plateau to a lower-cost, potentially less effective weight maintenance program could significantly reduce costs while preserving most of the health benefits

## **ELEMENTS OF AN ALTERNATIVE WEIGHT MANTENANCE PROGRAM\***

- Decrease medication dose
- Lengthen medication interval
- Behavioral therapy
- Food is medicine/Nutritional therapy
- Fitness Program
- Patient Rewards
- No / lower consumer cost-sharing

\*Unknown effectiveness in maintaining weight

In a scenario where an alternative is

50% & 30% **LESS EXPENSIVE** 

at maintaining weight loss than full-dose GLP-1, the lifetime savings from one individual could cover a year of GLP-1 treatment for six additional people



Kim et al. Balancing Innovation and Affordability in Anti-Obesity Medications: The Role of Alternative Weight Maintenance Program, Health Affairs Scholar, 2024 https://academic.oup.com/healthaffairsscholar/advancearticle/doi/10.1093/haschl/gxae055/7661043



