

# Pfizer **Benefits** for each of life's moments

## Healthy Weight Program



The Healthy Weight program through TrestleTree combines lifestyle changes supported through 1:1 Health Coach visits and doctor-prescribed medication to help you lose unhealthy weight, keep it off, and improve your overall health. **If you are taking, or are considering taking, certain weight loss medications (such as Wegovy, Saxenda, Zepbound, Contrave, Qsymia, Phentermine, Benzphetamine, Phendimetrazine, and Diethylpropion), you are required to enroll in this program in order to receive coverage through Pfizer's prescription drug coverage.**

### How the Program Works

You partner with a personal Health Coach through TrestleTree to guide you on your weight loss journey and help you make changes to your lifestyle, including exercise, diet, and other activities to support your wellbeing. Your

Weight loss medications like **Wegovy, Saxenda, Zepbound, Contrave,** and others work differently from each other. Your TrestleTree team will help you work with your doctor to help determine which medication may be more appropriate for you and understand the risk factors for these medications.

Coach also connects you with resources and tools available through Pfizer and your community to help you on your journey. These TrestleTree Coaches are supported by medical professionals at TrestleTree and, together, they help you work with your current doctor or locate a provider to help you determine which weight loss medication(s) is right for you.

Since these weight loss medications support a more rapid loss reduction, you also receive a free wireless scale to assist you and your Coach with tracking your weight, at least weekly. In addition, you will also be required to sign and return a data sharing agreement to use with the scale.

If you are unable to use this scale, an alternate method will be provided to help track your weight loss.

Working with your Health Coach is a key element of the program. You will be asked to commit to meeting with your Health Coach regularly and keep appointments as scheduled. If you are not able to keep your appointments, call TrestleTree 24 hours in advance to reschedule. If you miss (no-show) two appointments in a row or miss a total of three appointments, you will be automatically disenrolled from the program and you will no longer receive coverage for your weight loss medication through Pfizer's prescription drug coverage.

### Why Work with a TrestleTree Coach

Your TrestleTree Health Coach provides personalized support to help you lose weight, improve your health, and navigate the weight loss medications, such as proper use, concerns around side effects, and interactions. Your Health Coach understands that your journey is unique and will help you make plans and choices that work best for you. Weight loss medications and TrestleTree health coaching are independently proven to be beneficial, and the combination of both has been shown to produce weight loss success that can be maintained over the long run.

## Enroll Today

To enroll with a TrestleTree Health Coach, visit [trestletree.com/pfizer](https://trestletree.com/pfizer) or call 1-866-237-0967.

Representatives are available Monday through Friday from 9 a.m. to 6 p.m. (ET). During your first call, you'll complete an initial assessment and then be paired with a Health Coach. After your first meeting with your Health Coach, you'll work with your provider to get your weight loss medication. You will also receive your new scale after your first health coaching appointment.

Your Health Coach works together with you and your provider to ensure your weight loss medication is being used with a diet and exercise program as indicated. As part of the process to be prescribed a weight loss medication, your provider needs to submit the necessary medical documentation to CVS Caremark, the administrator for Pfizer's prescription drug coverage. If you are having trouble getting a prescription or don't have a provider, TrestleTree's team can assist you in finding resources that will help.

## Not interested in a weight loss medication but still need help getting to your favorite you?

You can still get 1:1 support from a TrestleTree Health Coach to help you with your weight, nutrition, and other health goals. Your Coach can help you learn about other resources and programs such as Healthy You available to help you.

If your medication request is approved by CVS Caremark and you are meeting with your Health Coach as scheduled, your prescription weight loss medications will be covered based on the prescription drug coverage applicable to your Pfizer medical plan option. **If you stop meeting with your Health Coach as scheduled, or choose not to work with a Health Coach, you will be responsible for the full cost of the weight loss medication.**

## Questions

For questions about this program or health coaching or to obtain a full list of medications which require coaching support to be covered under Pfizer's prescription drug coverage, **call TrestleTree at 1-866-237-0967.** Representatives are available Monday through Friday from 9 a.m. to 6 p.m. (ET).

For questions about medication coverage under the Pfizer Medical Plan or prior authorization for your medication, **call CVS Caremark at 1-866-804-5881.**

