



DIGBI HEALTH

Thank you for your attendance at the recent webinar to learn more about the Digbi Health program. In addition to the presentation, there were many questions asked, but not all could be answered during the allotted time.

We would like to begin with the general tone of the questions regarding access to GLP-1s for weight loss. Many employers will not cover GLP-1s for weight loss and the patients must pay out-of-pocket for these drugs. Your employers have opted to allow access through the program to these drugs. Digbi is not here to take anything away; they are here to help you in your weight and other chronic condition management goals.

Effective **January 1, 2026**, Digbi will be a program available without cost to all who fit the eligibility criteria (see question below). Additionally, Digbi will be the sole prescriber for non-diabetic GLP-1s. The program is voluntary, as you may choose to access your GLP-1 prescriptions outside of the plan.

Digbi Questions and Answers

PROGRAM QUESTIONS

Question: How does a glucose monitor work? What is the cost? What is a gut microbiome test? What is the cost? How does Digbi receive our BMI information?

Answer: Everyone that joins the Digbi program will get a 14-day continuous glucose monitor to learn about their glucose response to food, exercise, sleep, etc. If you are a type two diabetic, Digbi will take over supplies management as well with a glucose monitor and testing strips. This will be at no cost to you. A gut microbiome test provides insight into the overall health of the gut's ecosystem and helps the program tailor nutrition guidance to reduce inflammation that drives chronic illness. This test is provided at no cost. Digbi will also collect BMI data through a self-reported onboarding form, which will then be validated using the digital scale provided to each member.

Question: It's noted that I will work with a health coach through my Digbi journey. What are their qualifications? If I'm seeing Digbi for weight loss GLP-1s, will the person prescribing the medication be a licensed physician?

Answer: Health coaches are nutritionists. Any medication management is done by a licensed physician.

Question: As I work with my health coach and they present ideas for diet, exercise, or other noted items, who will pay for the additional expenses?

Answer: Your diet, exercise and other healthy choice will always be at your expense and for your benefit. The cost of the program will be \$0.

Question: Is there a cost for monthly consultations with my health coach? What, in addition to monthly consultations, will I need to do to be considered in adherence? How much do you estimate the time commitment to adhere to the program?

Answer: There is no cost to any aspect of the Digbi program. To be adherent you must complete the monthly consultations and engagement with the Digbi program at least 5 times per month. The time commitment is low. Digbi focuses on working with you to fit into your everyday life.

Question: For diabetics, does Digbi supply lancets free of charge for those enrolled in the program?

Answer: Yes, lancets will be included with the diabetes supplies at no additional cost to the member.

Question: How does Digbi work with sleep apnea patients?

Answer: Digbi supports patients in making sustainable dietary and lifestyle changes that reduce weight, inflammation, and metabolic stress, all of which can lessen sleep apnea severity. Food-as-medicine programs are tailored to reduce nighttime reflux, improve gut health, and help stabilize glucose—factors that can contribute to sleep disruption.

PRIOR USE QUESTIONS

Question: Can I continue to receive my current GLP-1 weight loss prescription until 3/31/2026 without using Digbi?

Answer: Yes.

Question: I have gone through extensive tracking and have worked with my doctor for years. Will I be able to continue to work with my doctor and receive my non-diabetic GLP-1 prescription?

Answer: You will be able to continue to work with your physician and Digbi encourages you to. However, they will not be able to write the prescription. That will have to come from Digbi physicians.

Question: If I am diabetic and receive my medications and GLP-1s through the pharmacy, can I still use the Digbi benefits? What if I'm not looking for weight loss drugs and do not have diabetes but want to use the benefits?

Answer: You can continue to receive your diabetes medication as you are today. We welcome you to join the Digbi program as well!

Question: What if I am currently taking a maintenance level of GLP-1 and have not yet reached my health goals or I have reached my goals and am continuing to be monitored. Will I be able to continue using the GLP-1?

Answer: This program does not determine what medications you can or cannot use. It does however manage what is covered by insurance or if you do not fit the BMI 35 with a comorbidity or a BMI 40 and greater. As of 4/1/2026, your coverage will not be approved. The Digbi program is there to help people not approved to maintain weight loss and manage their condition without medication support.

Question: If Digbi will not continue my non-diabetic GLP-1 prescription, or I decide to not use the program, will they allow the tapered amounts as determined safe?

Answer: We completely understand this concern, and want to reassure you. Digbi does not set the prior authorization criteria, and there are no FDA or CDC guidelines that label stopping non-diabetic GLP-1s as unsafe. If you and your physician feel that tapering is the best path, you will have the opportunity to work together on that plan. This is exactly why communications are starting six months in advance—to give you time to explore options with your provider and feel supported through the transition. Digbi is here to help you maintain weight loss and manage related conditions so you can avoid setbacks like weight regain and continue feeling your best.

Question: Will Digbi replace the existing Cylinder program under our benefits?

Answer: The Cylinder program will continue through 2026.

Question: Can I receive a 3-month supply of non-diabetic GLP-1s?

Answer: No, a 3-month supply is not available through this program.

ELIGIBILITY QUESTIONS

Question: Who is eligible for Digbi? What is a comorbidity?

Answer: Program eligibility is as follows:

- 18 years or older and medically enrolled in the BS or Anthem Health Plans
- Fitting into one of the following buckets.
 - BMI 25-29 with a related comorbidity
 - BMI 30 or greater
 - Pre-diabetic or Diabetic
 - Hypertension or High Cholesterol
 - Digestive Condition

For Weight Management GLP-1s

- 18 years or older and medically enrolled in the BS or Anthem Health Plans.
- Fitting into one of the following buckets.

- BMI 40 or greater
- BMI 35-39 with a related comorbidity

Anyone on Medicare Part D with OSA, MACE, or MASH is excluded from the Prior Authorization. Comorbidities include hypertension, Prediabetes, diabetes, coronary artery disease, dyslipidemia, stroke, osteoarthritis, metabolic syndrome, prediabetes, PCOS, NASH and sleep apnea.

Question: Is Hypoglycemia recognized as diabetic in this program?

Answer: Hypoglycemia is low blood sugar; it is the opposite of pre-diabetes or diabetes. This will not be recognized as diabetic.

Question: Is Digbi available to our spouse and/or children if they are also on the health plan?

Answer: Yes, Digbi is available to all spouses and dependents over 18 years of age.

PRIVACY QUESTIONS

Question: Please provide a link to the Terms of Service/Privacy page and describe what genetic, medical and family history data you gather. How are you aggregating and using this information?

Answer: You can find Digbi Health's Terms of Service and Privacy Policy here:

<https://digbihealth.com/pages/privacy-and-accuracy>

Data Collected

As part of our program, Digbi Health may collect the following information directly from members:

- Genetic Data: Results from at-home genetic tests that analyze specific markers related to nutrition, metabolism, and chronic illness risks.
- Medical Data: Information related to current health conditions (e.g., diabetes, hypertension, GI conditions, obesity), medication usage, biometric measurements (weight, blood pressure, blood glucose), and relevant claims data when shared by health plans.
- Family History: Limited self-reported data such as the presence of chronic diseases in immediate family members, used to support risk assessment.

How the Data Is Aggregated and Used

- Individualized Care: Data is integrated into Digbi's clinical platform to provide personalized nutrition, lifestyle, and care recommendations.
- Clinical Oversight: Medical data supports provider-led care journeys, prior authorization decisions, and safe prescribing.
- Population Health Insights: De-identified and aggregated data may be used to understand trends across populations (e.g., obesity prevalence, medication adherence, lifestyle engagement) and to inform program design.
- Privacy and Security: All personal health information is protected in accordance with HIPAA regulations. Identifiable data is never sold or shared with third parties for marketing purposes.

Question: How do I contact Digbi to ask one-on-one personal questions?

Answer: Please reach out to prism@digbihealth.com.