

Supporting Members on Weight Management GLP-1s



The Challenge: Short-Term Use and Side Effects

Weight management GLP-1 medications are powerful tools, but they come with significant challenges:

High Discontinuation Rates

Average use is only 3–4 months, with many members discontinuing due to side effects and safety concerns (43.7%) (Evernorth).

Common Side Effects

Providers report concerns with gastrointestinal issues (54%), pancreatic complications (39%), and muscle loss (33%), among other risks (Evernorth).

Weight Regain Risk

Without lifestyle support, members often experience 2/3s weight regain once the medication is discontinued without lifestyle support. (NIL)

How Digbi Helps:

Digbi is designed to complement and extend the impact of GLP-1 therapy by addressing the root causes of weight management and supporting sustainable outcomes.

Manages Side Effects

Personalized nutrition, microbiome insights, and glucose monitoring to reduce GI distress and other common complications from 40%+ to under 3% of the population.

Improves Weight Loss Outcomes

Lifestyle coaching and food-as-medicine strategies to maximize the impact of GLP-1 use seeing an additional 5% weight loss over those not enrolled in digbi.

Sustains Weight Loss

Ongoing support to prevent rebound weight gain after discontinuation. Seeing 85% of members maintain weight loss or continue weight loss 6 months after discontinuation.

Enhances Quality of Care

Dosage management, clinical care, and lifestyle support play a huge role in the success of the medication.