

Example Letter for Health Care Providers: Notify them of the opportunity to maximize support for your employees

Use this example letter as a guide to encourage health care providers (HCPs) to support your employees who are taking an active role in pursuing their health and lifestyle goals. Your employees can deliver this communication to their HCPs.

Dear Dr. [Name of HCP],

[Name of patient], an employee of [Company], has taken the next step in [his/her] commitment toward a healthy lifestyle by taking advantage of the obesity and weight management resources offered through our company. Your patient has enrolled in [Insert program name], which includes:

- [Insert program specifics]

Along with wellness programs, anti-obesity medications may form a critical component of [Name of patient]'s comprehensive weight management plan.

We have ensured that anti-obesity medications are included on our health plan formulary. At your discretion, you may want to consider prescribing one of the following anti-obesity medications that are covered under [Name of patient]'s health plan:

- [Insert covered anti-obesity medication brand names]

We are committed to comprehensive weight management for our employees, because:

- Obesity is associated with increased employee sick days, disability claims, and health care costs^{1,2}
- A 5% or greater weight loss has been shown to increase productivity in employees with obesity³
- The FDA has approved various pharmacotherapies for chronic weight management in conjunction with diet and exercise⁴

By combining your clinical expertise with weight management resources, including anti-obesity medications, we can work together to help [Name of patient] achieve [his/her] health and lifestyle goals.

Sincerely,

[Name/Title/Department]

References: 1. Levi J, Segal LM, Thomas K, St. Laurent R, Lang A, Rayburn J. *F as in Fat: How Obesity Threatens America's Future*. <https://www.rwjf.org/content/dam/farm/reports/reports/2013/rwjf407528>. Published August 2013. Accessed August 20, 2019. 2. Waters H, DeVol R. *Weighing Down America: The Health and Economic Impact of Obesity*. <https://assets1b.milkeninstitute.org/assets/Publication/ResearchReport/PDF/Weighing-Down-America-WEB.pdf>. Published November 2016. Accessed August 20, 2019. 3. Bilger M, Finkelstein EA, Kruger E, Tate DF, Linnan LA. The effect of weight loss on health, productivity, and medical expenditures among overweight employees. *Med Care*. 2013;51(6):471-477. 4. Garvey WT, Mechanick JI, Brett EM, et al; Reviewers of the AACE/ACE Obesity Clinical Practice Guidelines. American Association of Clinical Endocrinologists and American College of Endocrinology comprehensive clinical practice guidelines for medical care of patients with obesity. *Endocr Pract*. 2016;22(suppl 3):1-203.



Example Letter for Local Health Systems: Notify them of the benefits you offer your employees

Use this example letter as a guide to notify local health systems of the steps your employees are taking to improve their health through weight management programs. Discuss the importance of utilizing the benefits you provide your employees, and suggest forming a partnership to see what you can accomplish in addressing obesity together.

Dear [Name],

Helping our employees at [Company] to achieve their health and lifestyle goals is a top priority. Network providers in your health system see many of our employees, and we view this as a great opportunity to form a partnership to improve the health of our employees and your patients. Our employees are taking advantage of the obesity and weight management resources offered through our company, which include:

- [Insert resource names]

Along with these resources, anti-obesity medications may form a critical component of their comprehensive weight management plan.

We have ensured that anti-obesity medications are included on our health plan formulary and wanted to notify you as well. Please consider the following medication(s) for employees of [Company]:

- [Insert covered anti-obesity medication brand names]

We are committed to comprehensive weight management for our employees, because:

- Obesity is associated with increased employee sick days, disability claims, and health care costs^{1,2}
- A 5% or greater weight loss has been shown to increase productivity in employees with obesity³
- The FDA has approved various pharmacotherapies for chronic weight management in conjunction with diet and exercise⁴

By combining your clinical expertise with weight management resources, including anti-obesity medications, we can jointly help your patients achieve their health and lifestyle goals. We would be grateful for the opportunity to discuss what we can do together to benefit our employees within your network.

If you are interested, please contact us at [Phone number/email address].

Sincerely,

[Name/Title/Department]

References: 1. Levi J, Segal LM, Thomas K, St. Laurent R, Lang A, Rayburn J. *F as in Fat: How Obesity Threatens America's Future*. <https://www.rwjf.org/content/dam/farm/reports/reports/2013/rwjf407528>. Published August 2013. Accessed August 20, 2019. 2. Waters H, DeVol R. *Weighing Down America: The Health and Economic Impact of Obesity*. <https://assets1b.milkeninstitute.org/assets/Publication/ResearchReport/PDF/Weighing-Down-America-WEB.pdf>. Published November 2016. Accessed August 20, 2019. 3. Bilger M, Finkelstein EA, Kruger E, Tate DF, Linnan LA. The effect of weight loss on health, productivity, and medical expenditures among overweight employees. *Med Care*. 2013;51(6):471-477. 4. Garvey WT, Mechanick JI, Brett EM, et al; Reviewers of the AACE/ACE Obesity Clinical Practice Guidelines. American Association of Clinical Endocrinologists and American College of Endocrinology comprehensive clinical practice guidelines for medical care of patients with obesity. *Endocr Pract*. 2016;22(suppl 3):1-203.



