



Zoe Primary Care Weight Loss Program Overview & Patient Eligibility

PHILOSOPHY

There are many facets to our health. Medicine tends to value things that can be measured – blood pressure, cholesterol, blood sugar, weight – but this just represents part of the picture. We are excited that you are invested in your health and specifically interested in losing weight. As part of the program, we will celebrate all the health wins. This includes trying nutritious foods, increasing joyful movement and restorative sleep, making social connections, managing stress, reducing harmful substances, and improving management of chronic disease.

PROGRAM OVERVIEW (FOCUSED ON LIFESTYLE MEDICINE)

- First visit: Lifestyle Assessment and Medication Options Review with your Primary Care Provider (PCP)
- Monthly (individual or group) check-ins
- 8 Shared Medical Appointments (SMAs)
- Nutritionist visit (one-on-one, if covered by insurance)
- Typical goals: 0.5–2 lbs./week

ELIGIBILITY FOR MEDICATION USE FOR WEIGHT LOSS

- Age: Must be 18 years or older
- BMI ≥ 40
- BMI ≥ 35 with a related health condition (heart disease, cholesterol, hypertension, sleep apnea, prediabetes, PCOS, insulin resistance, osteoarthritis)
- BMI ≥ 35 without an obesity related condition OR 30–34.9 with an obesity related condition may qualify for medication after 6 months of a structured lifestyle program

MEDICATIONS

The following medications are considered, if medically appropriate. Prescription is not a guarantee of insurance coverage. Compound medications are not prescribed. This list is subject to change.

- GLP-1: Saxenda, Wegovy, Zepbound
- Phentermine/Topiramate: Qsymia
- Bupropion/Naltrexone: Contrave
- Orlistat: Alli, Xenical
- Metformin (off-label, if insulin resistance is present)

PARTICIPATION REQUIREMENTS

- Attend group & individual visits
- Follow lifestyle & medication plan
- Continue health monitoring with PCP (medication will be stopped if contraindications arise)
- Attend visits with external specialists, as required (referrals provided, if needed)

ALTERNATIVE RESOURCES

If you do not meet program requirements or anticipate difficulty adhering to program, consider:

- Bon Secours Weight Management Center: 804-287-4528
- VCU Medical Weight Loss Program: 804-828-0761
- LillyDirect Telehealth (Zepbound): 844-559-3471

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