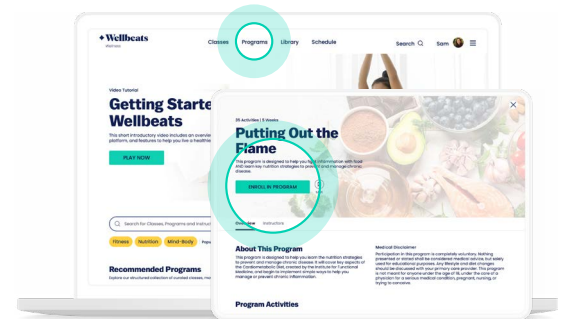


New Wellbeats Wellness GLP-1 Resources

GLP-1 medications are revolutionizing weight management, with two-thirds of employers already covering these drugs for obesity treatment. This coverage is expected to grow significantly over the next two years as awareness increases and demand continues to rise. But what happens after the weight comes off?

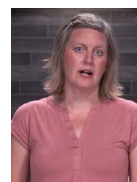


Here are three classes created as part of Wellbeats GLP-1 series that speaks about how members can maximize the benefits of GLP-1 medication and their overall weight loss management process.



UNDERSTANDING GLP-1 MEDICATIONS FOR WEIGHT LOSS | 5 MINS

This video explores how GLP-1 medications support weight loss by reducing appetite, slowing digestion, and managing blood sugar, offering a powerful tool for long-term obesity treatment.



MAXIMIZING THE BENEFITS OF GLP-1 MEDICATIONS FOR WEIGHT LOSS | 5 MINS

Learn how to maximize the benefits of GLP-1 medications through proper use, dietary strategies, exercise, and progress tracking.



HIGH PROTEIN GREEK YOGURT PARFAIT FOR GLP-1 WEIGHT LOSS SUCCESS | 4 MINS

This video demonstrates how to create a GLP-1 friendly Greek Yogurt Parfait, packed with protein and fiber, perfect for supporting your weight loss journey.

In addition to the GLP-1 resources, the Wellbeats portal offers weight management programs and classes designed to support members in reaching their health and fitness goals.

You can also **Download our eBook**, that outlines our approach to supporting weight management.



Accessible on iOS, Android, Windows, and Web

portal.wellbeats.com
support@wellbeats.com