



# The Confident Patient:

## A Guide to Navigating GLP-1s and Medicare

### Should I be concerned about my weight?

- What weight is healthy for my age?
- What does my BMI tell me about my health? What does it leave out?
- Which of my symptoms could be related to obesity?
- What factors make it harder for me to lose weight?

### Am I a good candidate for GLP-1s?

- Could GLP-1s help me with my weight?
- Do GLP-1s interact with my other medications?
- How is it administered? How often?

### What does the new Medicare program mean for me?

- Do I meet the BMI and health criteria that Medicare will require?
- What health conditions are eligible for someone with a BMI under 35?
- If I start on the Medicare Bridge program, what is the plan for transitioning to the BALANCE Model in January 2027?

### How would this treatment fit into my life?

- Participation requires lifestyle modifications – what support programs are available to me?
- How will we tell if the treatment is working?
- How do we continue to build my strength while losing weight?
- Is there a support group available for other patients like me?

### Symptom check-in

- Fatigue
- Shortness of breath
- Digestion issues or reflux
- Skin irritations or rashes
- Joint pain or a change in mobility
- Trouble focusing and concentrating
- Sleep issues
- Depression or anxiety
- Impact on independence or ability to care for yourself

### Notes: