

LOSE WEIGHT AND **KEEP IT OFF**



Gina, Calibrate Member



Michael, Calibrate Member



Donya, Calibrate Member



Craig, Calibrate Member

Introducing a new weight loss benefit offered as part of your Brown University group health plan.

Calibrate combines GLP-1 medication (like Wegovy® and Zepbound®) with flexible lifestyle changes to help you lose 18% of your body weight, on average—and keep it off.† See Calibrate's 3rd annual Results Report for 2025 by visiting joincalibrate.com/pages/results-report.

Beginning January 1, 2026 all GLP-1 medications prescribed for weight loss are required to go through Calibrate. If your personal doctor prescribes a GLP-1, you will not be able to obtain the medication through Optum Rx without participation in the Calibrate Program. You will be required to enroll in Calibrate and see a Calibrate clinician. After reviewing your labs and medical history, your Calibrate clinician will prescribe you a GLP-1 medication if clinically eligible.

Learn more: www.JoinCalibrate/BrownU starting on January 1, 2026

Calibrate

Get **Life-Changing Results**



18%

average weight loss



6"

average reduction in waist circumference



78%

of members reversed their diabetes or prediabetes



9/10

members say Calibrate is the most effective program they've tried

Get Started on January 1, 2026:

JoinCalibrate.com/BrownU

*Lab work and prescription medications fees are the responsibility of the member under their insurance coverage

†Calibrate 2025 Results Report.

How Calibrate's Virtual Weight Loss Program Works

Expert Medical Care

You'll meet virtually with a doctor to discuss your labs and health history, so they can create a personalized treatment plan for you. The best part? Based on our after visit surveys, 99% of members say they like (or love!) their visit.

Clinician-Prescribed GLP-1 Medication

Your Calibrate doctor may prescribe a GLP-1 medication, like Wegovy® or Zepbound®. Studies have shown that GLP-1s are the most effective medications for weight loss, especially when combined with lifestyle changes. GLP-1s regulate appetite and digestion, reduce inflammation, and help kickstart results. See our 2025 results report by visiting joincalibrate.com/pages/results-report.

Personalized Video Coaching

You'll attend bi-weekly video sessions with your dedicated Calibrate coach. Together, you'll set realistic goals, track your progress, and discuss tips, tricks, and recipes for results that last.

Science-Backed Lessons

You'll learn how to make small changes to your food, exercise, sleep, and emotional health habits that ladder up to big results. Even better, we send all of our members a complementary Welcome Kit to get started. This includes a smart scale that connects directly to the Calibrate app as well as helpful resources about our program.

Your Questions, Answered

Who is eligible to join Calibrate?

Calibrate is available to active employees and covered dependents for whom the following apply.

- ▶ At least 18 years of age
- ▶ Are enrolled in an eligible medical plan option through Brown University
- ▶ BMI that's greater than 30 (or greater than 27 with other metabolic conditions such as diabetes, pre-diabetes, high cholesterol, high blood pressure, cardiovascular disease, non-alcoholic fatty liver disease, obstructive sleep apnea or PCOS)
- ▶ Not pregnant, breastfeeding, or planning to become pregnant in the next two years
- ▶ Do not have an active substance abuse problem, an active eating disorder (e.g., anorexia, bulimia, or binge eating), cancer, recent bariatric surgery (within the past 18 months), active gallbladder disease, a history of pancreatitis in the past six months, or a history of medullary thyroid cancer (MEN syndrome)
- ▶ Live in the United States

How much does my medication cost?

Your employer pharmacy benefit covers GLP-1 medication for clinically-eligible members. Your specific copay will depend on the plan you are enrolled in and medication prescribed for you. Please refer to your medical plan benefits for more information.

What if I have a prescription for a GLP-1 from my personal doctor?

If your personal doctor prescribes GLP-1 medication for weight loss, you will be required to enroll in Calibrate and obtain a GLP-1 prescription from a Calibrate clinician. This is designed to help you best achieve your weight loss goals.

For more information about Calibrate visit:
JoinCalibrate.com/BrownU starting on January 1, 2026
or call us at (888) 266-4026

Calibrate **Optum**