

9amHealth

GLP-1 for Weight Loss FAQ

These FAQs and weight loss GLP-1 prescription requirements apply to colleagues and their dependents age 18 and older enrolled in a national plan with UnitedHealthcare that has prescription drug coverage by Express Scripts.

What is 9amHealth?

9amHealth is a virtual care provider offering whole-body care for diabetes, weight and heart health—all from one place. Members receive personalized care plans and unlimited access to a dedicated Care Team that includes doctors, obesity specialists, pharmacists, diabetes care specialists, and registered dietitians. Each care plan is tailored to a member's goals, medical history, and lab results and includes expert nutrition and fitness support for long-term success. Connected devices such as weight scales, blood sugar and blood pressure monitors help track progress. When appropriate, 9amHealth health care providers can prescribe medications.

Whether someone is just starting or continuing care, 9amHealth makes it easy to stay on track with their health goals—right from home.

Thermo Fisher is making 9amHealth available to colleagues and their dependents ages 18 and older on a national plan with UnitedHealthcare that has prescription drug coverage by Express Scripts, starting January 1, 2026.

Why is Thermo Fisher's national plan changing its requirements for coverage of GLP-1 medications for weight loss starting January 1, 2026?

Our goal in adding the 9amHealth requirement is to ensure that anyone using GLP-1 medication for weight loss has access to comprehensive support. The medications are most effective when combined with lifestyle and behavioral support. That's why we've partnered with 9amHealth to provide resources and clinical support that complement GLP-1 treatment, for the best long-term success with the medications.

How are Thermo Fisher's requirements for coverage of GLP-1 medications for weight loss changing on January 1, 2026?

Currently, you need to have a valid prescription from a health care provider, and your prescribing health care provider has to complete initial and ongoing authorization with Express Scripts. Starting January 1, 2026, in addition to the above, you will need to enroll in 9amHealth and meet monthly engagement requirements.

If you already have an active prescription for a GLP-1 medication for weight loss:

- You need to enroll in 9amHealth prior to your first weight loss medication refill in 2026 and meet monthly engagement requirements to receive subsequent refills.
- You will receive a letter from ExpressScripts Pharmacy Benefit Services in early December, providing you with information on how to access the 9amHealth website and get started.
- If your prescription refill is scheduled for January 2026, please enroll in 9amHealth on January 1, 2026 or as soon as possible to avoid any refill delay.

If you start a new prescription for a GLP-1 medication for weight loss after January 1, 2026:

You need to enroll in 9amHealth before your first prescription fill and meet monthly engagement requirements to receive subsequent refills.

What engagement activities do I need to complete with 9amHealth to remain eligible for my GLP-1 weight loss medication?

Each month, you will need to:

- Use the 9amHealth app four times to explore features like meal planning and lifestyle content and stay connected with your Care Team
- Weigh in four times using the smart scale provided by 9amHealth

What are the benefits of staying engaged with 9amHealth?

Staying engaged in the 9amHealth app helps you get the best results from your treatment. The app gives you direct access to a specialist Care Team, plus tools like meal planning, lifestyle education and activity tracking. Using these features consistently turns small daily actions into lasting healthy routines. Members who stay engaged typically experience better health outcomes, increased energy and stronger long-term health.

Why do I have to weigh myself four times every 30 days?

Weighing yourself is a required engagement activity for participation and eligibility to receive your GLP-1 weight loss medication.

Are my weight logs shared with Thermo Fisher?

No. Your weight values are only visible to your 9amHealth Care Team. 9amHealth will share confirmation of your engagement (for example, that you completed weigh-ins or app activities) with Express Scripts (Thermo Fisher's Pharmacy Benefits Manager) to support your GLP-1 refill eligibility. However, your actual weight values are never shared with Thermo Fisher.

I am taking a GLP-1 medication for type 2 diabetes. Do the weight management requirements apply to me?

No, those steps are not required if you have been prescribed a GLP-1 for diabetes management. You can still enroll with 9amHealth for diabetes care and take advantage of all the additional benefits the program offers.

Is there a cost for using 9amHealth?

No. If eligible, your 9amHealth program is covered by Thermo Fisher. Please note that copays for lab work or medications will apply.

When will the 9amHealth website be available for me to enroll and where do I go to log on?

The 9amHealth website will be available starting January 1, 2026. The website URL will be available on Thermo Fisher's MyBenefits website. Individuals who are currently on a GLP-1 medication for weight loss will also receive a letter from Express Scripts in the beginning of December 2025, providing log in instructions.

Where can I go with questions about this program?

9amHealth representatives will be available for your questions beginning January 1, 2026. If you have questions now regarding your current GLP-1 medication or these new requirements, contact Express Scripts at 1-800-987-5248.