

LYRIC LEAN

GLP-1 WEIGHT LOSS

GUIDED STEPS TO LASTING WEIGHT LOSS

Chances are you've tried numerous weight loss journeys and are experiencing the familiar cycle of weight fluctuations.

Lyric LEAN makes the proper GLP-1 weight loss medications available without exposing you to out-of-control costs and in-person clinical visits.

What is Lyric LEAN?

Our GLP-1 weight loss program offers members guided steps to lasting weight loss. Our program provides a comprehensive, holistic approach to weight loss that addresses the multifaceted aspects of obesity and weight loss. Lyric LEAN includes tailored treatment plans incorporating GLP-1 therapy, nutrition, diet, health coaching, and educational resources for long-term weight loss success.



Program Disqualifiers

- | | |
|---------------------------|----------------------------|
| Chronic Kidney Disease | Blurry vision |
| Hepatitis | Dizziness with Standing |
| Cancer | Neuro-degenerative disease |
| Heart Attack or Blockage | such as Parkinsons, |
| Congestive Heart Failure, | Alzheimers, or ALS |
| Stroke or TIA | |

Why Use Lyric LEAN?



Proven Weight Loss Success:

GLP-1s have shown average weight loss results of up to 15% of initial body weight over a 6-12-month period.

Enhanced Appetite Control:

GLP-1 medications help regulate appetite by promoting feelings of fullness and reducing overall calorie intake without the constant battle against hunger.

Improved Blood Sugar Levels:

These medications help stabilize blood sugar levels, preventing spikes and crashes that often lead to cravings and overeating.

Comprehensive Health Benefits:

Beyond weight loss, GLP-1s can improve cardiovascular health, reduce the risk of type 2 diabetes, and enhance overall well-being.

Program Includes

Consults



- GLP-1 Semaglutide Medication
- Clinician Consult Fee
- Personalized treatment plans
- Access to clinical support team for symptom & medication management 24/7/365
- Other GLP-1 medications available at discounted rates

- Monthly Medication Refill Consults
- Behavioral Health Support
- Message a Provider
- Goal Setting

Meds



Labs



- Educational Resources
- Nutrition & Dietary Coaching
- Sleep Optimization Guidance
- Hydration Guidance

Licensed healthcare providers provide clinical services through medical practices and are listed with Lyric and other network providers. *Additional or different telehealth requirements may be applicable in certain states; see www.getlyric.com for full terms and conditions. THIS PROGRAM IS NOT INSURANCE and is not intended to replace health insurance.

Visit getlyric.com or download our free Lyric Health app, and schedule your appointment today.

866-223-8831 | www.getlyric.com



lyricLEAN

WHAT IS LYRIC LEAN?

Lyric LEAN is a GLP-1 weight loss program offers members guided steps to lasting weight loss. This program provides a comprehensive, holistic approach to weight loss that addresses the multifaceted aspects of obesity and weight loss. Lyric LEAN includes tailored treatment plans incorporating GLP-1 therapy, nutrition, diet, health coaching, and educational resources for long-term weight loss success.

WHAT HAPPENS AFTER I ENROLL?

Upon enrollment activation, you will receive two welcome emails. One will come from noreply@pram.com and the second will come from noreply@em.getlyric.com. Make sure to check junk and spam email folders in the event the email gets filtered out.

HOW DO I GET STARTED?

You will complete a short **Qualifying Questionnaire** and submit a **Weight Loss Consultation Request**.

WHAT ARE THE PROGRAM DISQUALIFIERS?

The following conditions will disqualify you from participating:

- » Chronic Kidney Disease
- » Hepatitis
- » Cancer
- » Heart Attack or Blockage
- » Congestive Heart Failure, Stroke, or TIA
- » Blurry Vision
- » Dizziness with Standing
- » Neuro-degenerative Disease such as Parkinsons, Alzheimers, or ALS

WHAT HAPPENS AFTER I SUBMIT MY REQUEST?

You'll have a consultation with a provider, who will answer any questions you may have and order **baseline lab tests**.

HOW DO I COMPLETE MY LAB WORK?

Our Care Team will contact you to:

- » Provide your **Lab Requisition Form** and sample collection instructions

Then you'll visit a local lab for your blood draw.

WHEN DO I GET MY RESULTS?

Within a few days, your results are reviewed by your provider. If appropriate, they'll create your **personalized treatment plan** and prescribe medication.

HOW DO I GET MY MEDICATION?

Our Care Team will contact you to:

- » **Share your treatment plan**
- » **Your prescription** will be sent to the pharmacy and shipped directly to you.



WHAT HAPPENS AFTER I RECEIVE MY MEDICATION?

Once you confirm receipt in your Lyric Lean dashboard, we'll automatically schedule next month's **Follow-Up Consultation** (about two weeks later).

QUICK MEMBER CHECKLIST

Before you Begin:

- ☐ Complete the Qualifying Questionnaire
- ☐ Submit a Weight Loss Consultation Request

Next Steps:

- ☐ Attend your provider consultation
- ☐ Complete your lab work
- ☐ Review treatment plan and confirm medication

Ongoing:

- ☐ Record medication delivery in your Lyric dashboard
- ☐ Attend your monthly Follow-Up Consultation
- ☐ Stay consistent and connected with the Lyric Care Team

TIPS FOR A SMOOTH EXPERIENCE

- » **Check Email Regularly**
Look for important program emails from:
 - noreply@pram.com
 - noreply@em.getlyric.com
- » **Mark Your Calendar**
Make note of key milestones like lab appointments, medication delivery, and follow-ups.
- » **Need Help?**
Our Member Care Team is ready to assist you at (866) 223-8831.

WHAT'S INCLUDED IN THE LYRIC LEAN PROGRAM?

- » Personalized consultation with a licensed provider
- » Lab testing and detailed health review
- » Custom treatment plan with GLP-1 medication (if appropriate)
- » Pharmacy coordination and direct shipping
- » Follow-up consultations to monitor progress
- » Ongoing support and education



THIS PROGRAM IS NOT INSURANCE

Program administered by PRAM, Inc. 1 Pointe Dr., #120, Brea, CA 92821 - (800) 262-7726

Program Website: <https://www.pramdiscountrix.com> Need help with Lyric LEAN? Contact Lyric at (866) 223-8831.