

# 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](http://www.getlyric.com) for full terms and conditions. THIS PROGRAM IS NOT INSURANCE and is not intended to replace health insurance.

Visit [getlyric.com](http://getlyric.com) or download our free Lyric Health app, and schedule your appointment today.

866-223-8831 | [www.getlyric.com](http://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](mailto:noreply@pram.com) and the second will come from [noreply@em.getlyric.com](mailto: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](mailto:noreply@pram.com)
  - [noreply@em.getlyric.com](mailto: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

## HOW DO I CANCEL MY MEMBERSHIP?

Contact PRAM via email at [memberterms@pram.com](mailto:memberterms@pram.com) or visit us online at <https://pram.com/termination-request/#term-form>.



## 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.