

# Transforming the delivery of obesity care without adding complexity



## About

[FlyteHealth](#) helps patients manage obesity and chronic conditions with virtual, evidence-based, personalized treatment programs that combine clinical management—including pharmacotherapy—with lifestyle and nutritional support. By partnering with employers, health systems, payors, and pharmacy administrators, FlyteHealth reduces healthcare costs while improving health outcomes.



## The opportunity

- The obesity epidemic continues to strain public health, contributing to chronic conditions such as hypertension, diabetes, and cardiovascular disease. Health systems are under mounting pressure to provide scalable, effective obesity care while containing costs and maintaining clinical outcomes. Traditional models often encounter barriers that limit access to care and patient engagement, revealing a critical need for innovative, patient-centered solutions.
- Flyte Health addresses these needs by offering 24/7 access to medical professionals, dietitians, and behavioral coaches through a virtual platform. This approach empowers patients with the tools and support needed to achieve sustainable, long-term success.



## The challenge

- Health systems aiming to improve population health outcomes often encounter several challenges when addressing obesity at scale.
- Many patients face barriers to accessing in-person obesity care, including geographic constraints, lack of providers, and time limitations.
- Sustaining patient motivation and adherence to treatment plans is difficult within traditional care models. Health systems often struggle with resource limitations, lacking the necessary expertise to deliver continuous, high-touch support for chronic conditions like obesity.



## The approach

FlyteHealth's V1C delivery model integrates seamlessly with health systems, leveraging remote patient monitoring and personalized care plans to drive better health outcomes. Key elements of the approach include:

- **Personalized treatment plans ensure** that each patient receives a care plan tailored to their specific needs, incorporating medical therapy, nutritional guidance, and behavioral coaching.
- **Remote patient monitoring equips** patients with connected devices that track key metrics like weight, blood pressure, and glucose levels, enabling real-time interventions.
- **Behavioral and nutritional coaching provides** patients with ongoing access to coaches who offer support and motivation to help sustain behavior changes.
- **Clinical integration ensures** that FlyteHealth's platform aligns with health system workflows, enabling seamless virtual and in-person care coordination.



## The success

FlyteHealth's delivery model has led to measurable improvements in patient outcomes.

In one year, employees at a large self-insured employer saw impressive results, including:

- ✓ **16% reduction in BMI**
- ✓ **16% average weight loss**
- ✓ **Blood pressure reductions of 14–19%**
- ✓ **HbA1c reduction of 7.18%**
- ✓ **Net Promoter Score (NPS) of 82**, indicating high patient satisfaction and engagement

These outcomes demonstrate that FlyteHealth's approach effectively addresses the complex obesity-related challenges. By aligning clinical care with behavioral and nutritional support, FlyteHealth improves health outcomes and enhances patient satisfaction and engagement.

“ Our members have had positive health outcomes because of the great tool that FlyteHealth offers.

— Sean Scanlon

*Connecticut State Comptroller*