



Lose weight and keep it off



Gina, 15% weight loss



Micheal, 16% weight loss



Donya, 23% weight loss



Craig, 18% weight loss

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

Calibrate combines GLP-1 medication (like Wegovy® and Saxenda®) with flexible lifestyle changes to help you lose 15% of your body weight, on average—and keep it off for two years.† **Join Calibrate today at little or no cost to you.***

Beginning 8/1/2023, all new GLP-1 medication prescribed for weight loss is required to go through Calibrate. If your personal doctor prescribes, you will still be required to enroll in an effort to help you best achieve your weight loss goals.

Get Life-Changing Results



15%

average weight loss, sustained for two years



6"

average reduction in waist circumference



81%

of members reversed their diabetes or prediabetes



9/10

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

For more information contact:

Choose Well Care Connect
1.833.FDXWELL (339.9355)
choosewell.fedex.com

To sign up today:

JoinCalibrate.com/FedEx-2



*The Calibrate program is available at no cost to you. Any lab work or prescription medications are subject to the deductible, coinsurance or copay as specified by your FedEx group health plan option.

†Per Calibrate's 2023 Results Report.

How Calibrate's Virtual Weight Loss Program Works

Expert Medical Care

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

Doctor-Prescribed GLP-1 Medication

Your Calibrate doctor may prescribe a GLP-1 medication, like Wegovy® or Saxenda®. 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.

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, sleep, exercise, and emotional health habits that ladder up to big results.

Your Questions, Answered

Who is eligible to join Calibrate?

Calibrate is available to benefits enrolled FedEx employees and their dependents for whom the following apply:

- ▶ At least 18 years of age
 - ▶ Are enrolled in a FedEx group health plan administered by UnitedHealthcare (excluding the Type 2 diabetes plan), Cigna, or Surest (Bind)
 - ▶ 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
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How much does my medication cost?

The FedEx group health plan covers GLP-1 medications for clinically-eligible members. Your specific copay will depend on the FedEx group health plan you are enrolled in and medication prescribed for you. A Choose Well Care Advocate can help you understand your coverage and costs.

Additionally, you may be eligible to use a manufacturer coupon when filling your medication to further reduce your out of pocket cost.

To sign up today: JoinCalibrate.com/FedEx-2

Calibrate is available to you through FedEx Choose Well Care Connect. Choose Well Care Connect offers a benefits support system that helps you navigate a complex health care landscape and programs that help support your health and well-being. For more information on Calibrate and the other programs available to you, visit Choose Well Care Connect at choosewell.fedex.com (keyword: ChooseWell) or call to speak with a Care Advocate at **1.833.FDXWELL** (339.9355) from 7 a.m. – 10 p.m. Central Time, Monday through Friday.

The FedEx employee benefits discussed in this communication are governed by formal plan documents and, in the event of any conflict between this communication and the plan document, the formal plan document will control. This announcement does not alter any plans or related agreements. FedEx reserves the right to amend or terminate any of its employee benefit plans, in whole or in part, at any time and for any reason.

