



## Healthcare designed for body and mind

---

### Vida Health Overview and Referral Process

#### What is Vida Health?

Vida's Medical Weight Loss program is an online program that helps members reach their health goals. It's available at no extra cost to eligible members through their Commonwealth of Massachusetts Group Insurance Commission (GIC) benefits.

Through Vida's easy-to-use mobile app, members will work with a dietitian to make changes in what, how, and why they eat and move. Vida's care team will work with members to build eating and exercise skills that will help them achieve and sustain long-term weight loss. The Vida care team can also help members with other health goals, like building strength, boosting energy, or improving blood pressure or cholesterol.

**Starting January 1, 2026, anyone on a GIC pharmacy benefits plan must be prescribed weight loss medicine by a Vida medical provider for these medicines to be covered under the GIC pharmacy benefits plan.**

After they sign up for Vida, members who have not been prescribed a weight loss medicine in the last twelve months will work with a dietitian on medical nutrition therapy and cognitive behavioral therapy for six months. After this, they may become eligible to be assessed by a Vida medical provider for weight loss medicines. If a member has taken a weight loss medicine in the past twelve months, they will need to submit labs and medical records before they are able to meet with a Vida medical provider to discuss medicine prescribing. To learn more, visit [vida.com/gic](https://vida.com/gic) or see the 'How Members Get Started' section below.

Note that the cost of medicine is not determined by Vida. The cost of the weight loss medicine depends on the member's GIC pharmacy benefits plan and may be subject to a deductible, coinsurance, or copay.

#### Eligibility for the Vida Program

*Vida is available at no additional cost to GIC health plan members and their covered dependents who are 18 years or older who use CVS Caremark for their prescription coverage. Some exclusions and restrictions may apply and eligibles must meet BMI requirements to enroll.*



### How Members Get Started:

- Create an account at [vida.com/gic](https://vida.com/gic)
- Answer questions to confirm eligibility and then download the Vida Health app on any mobile device.
- Their next steps will depend on whether the member has been prescribed a weight loss medicine in the last twelve months:
  - *If they have been prescribed a weight loss medicine in the last twelve months prior to January 1, 2026, they will be asked to submit labs and medical records and attend a group webinar after which they can schedule with a Vida medical provider. More details can be found in the FAQs at [vida.com/gic](https://vida.com/gic).*
  - *If they have not been prescribed a weight loss medicine in the last twelve months, they will choose a dietitian and schedule their first appointment.*
- If they need help, members can email [support@vida.com](mailto:support@vida.com) or call 888-688-7188, available 8 AM to 9 PM ET Monday - Friday.

### When to Refer Members to Vida Health:

Individuals with a BMI greater than or equal to 30 (27 with comorbid conditions; or 25 and 23 respectively for anyone of Asian descent) who are interested in losing weight, or changing behaviors that contribute to their weight loss goals, can be referred to Vida. Vida care teams will create a personalized plan to build nutrition and exercise skills to help with weight loss.

Individuals already on weight loss medicine will need to be referred to Vida and meet with a Vida medical provider for ongoing weight loss prescribing. To be covered by the GIC pharmacy benefits plan, weight loss medicines must be prescribed by a Vida medical provider. Refer to the FAQs on [vida.com/gic](https://vida.com/gic) for additional information.