

EVERNORTH HEALTH SERVICES SURVEY 2024

Do GLP-1 users have unmet behavioral needs?

Many users of GLP-1 (glucagon-like peptide 1) drugs for weight loss have had successful health outcomes in treating chronic conditions but still have unmet behavioral health needs.

To better understand consumer need for behavioral health support alongside GLP-1 usage, Evernorth partnered with Marc Research to survey 300 GLP-1 users with diabetes, cardiovascular disease or challenges with weight management.



For most GLP-1 users, taking these drugs has had a positive impact on their overall health



81% lost weight



79% had improved physical health



64% had improved mental health



Demand for behavioral health services is high

75%

are interested in behavioral health support

63%

believe that they will achieve better health outcomes when receiving behavioral health support alongside GLP-1 use

But few are engaging in additional support:

17%

of users are accessing behavioral health/talk therapy

39%

do not participate in a broader, whole-person health program

The greatest behavioral health needs include:

STRESS

DEPRESSION

ANXIETY

COMPULSIVE BEHAVIOR **DISORDERS**

Users who reported having none of these disorders

18% current users of

GLP-1 medication

13% inactive/past user of GLP-1 medication

Different users struggle with different challenges



more likely to have depression and anxiety Younger generations (age 18-34)

Those with weight issues are



are more prone to mental health issues than older ones (35+)



stress and anxiety Men are more likely to

Women are more prone to develop depression.



alcohol and drugs

report struggles with

impact behavioral health over time

Adherence and combined therapies

inactive/past user of GLP-1 medication

current users of GLP-1 medication

Reported a decline in their mental

health over the last 12 months

successful when therapy is combined with medication



We're changing

behavioral care

for the better

Patients are most

Find out more about how we push boundaries, question the

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norms and create better experiences for behavorial health.

Marc Research, April 2024

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