

Achieve Sustainable Weight Loss with Support Every Step of the Way

What is MediFit?

MediFit is a comprehensive weight management program designed to help you achieve lasting results, not just quick fixes.

By combining one-on-one coaching, lifestyle guidance, and support for GLP-1 medications, MediFit helps you build healthier habits while maximizing the effectiveness and affordability of your treatment.

This is more than medication access. It is a structured, supportive program focused on long-term success.

MediFit

Why MediFit?

Because real results come from more than medication alone. With the right guidance and support, **you can build habits that last and achieve your health goals**.





What You'll Get

- Personalized coaching from a certified weight loss coach
- Nutrition and movement guidance tailored to your goals
- Accountability to track progress and stay on track
- Ongoing support navigating GLP-1 medication access and costs

How It Works

Step 1: Enroll

1) Talk to your healthcare provider to obtain a prescription

2) Visit **intercept.health/medifit** to complete enrollment

3) Submit payment *(you will receive a secure link via email)*

4) Receive your medication

Step 2: Start Your Journey

1) Begin one-on-one coaching with your Member Advocate

2) Follow a personalized plan for nutrition, movement, and lifestyle

3) Track progress and adjust along the way for lasting results

(888) 960-0668 medifit@intercept.health intercept.health/medifit