MAIN STREET MEDICAL

Hilton Head Urgent Care · Urgent Care & General Practice

Serving Hilton Head Island since 1998

93 N Main St · Hilton Head Island, SC 29926
88 N Main St, Suite D-1 (Annex) · Hilton Head Island, SC 29926
Phone **(843) 681-3777** · Fax (843) 681-9996
www.hiltonheadurgentcare.org

GLP-1 Weight-Loss Medications — Patient Guide

What they are, who typically qualifies, and how to find out if they're right for you.

What are GLP-1 medications?

GLP-1 medications work with your body's own appetite signals to reduce hunger, helping you eat less and lose weight steadily — together with changes to diet and activity. Common options include the weekly injections **Wegovy® (semaglutide)** and **Zepbound® (tirzepatide)**, and a new once-daily tablet, **Foundayo™ (orforglipron)**.

These are prescription medicines and they are not right for everyone. At Main Street Medical, every GLP-1 prescription starts with a provider evaluation — your health history, current medications, labs where appropriate — as part of our physician-supervised medical weight-loss program. We follow up regularly to keep your progress safe and on track.

Who typically qualifies?

Providers generally consider GLP-1 weight-loss treatment for adults with:

- **BMI 30 or higher**, or
- **BMI 27 or higher** plus a weight-related health condition (for example: pre-diabetes, high blood pressure, high cholesterol, sleep apnea, or heart disease).

Insurance coverage varies by plan and is a separate question from being a medical candidate — we'll help you sort out both at your visit.

Check in one minute — before you even call

Take our 1-minute GLP-1 self-check

www.hiltonheadurgentcare.org/glp-1

Scan the code or type the address into your phone. It's completely private — nothing you enter is sent or saved. You'll get a plain-English answer about whether you may be a candidate, plus what to do next.

Ready to talk it through? Call **(843) 681-3777** or reserve your spot online at **www.hiltonheadurgentcare.org**. Walk-ins are always welcome.

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On Medicare? The new $50/month GLP-1 Bridge program

Effective July 1, 2026 — for eligible Medicare Part D patients.

Medicare's new **GLP-1 Bridge** program allows eligible **Medicare Part D** patients to receive an approved GLP-1 weight-loss medication for a **$50 monthly co-pay** once the program's prior authorization is approved. Eligibility is based on your BMI and health conditions at the start of treatment:

BMI ≥ 35
No additional diagnosis required.

BMI ≥ 30
Plus heart failure (preserved ejection fraction), uncontrolled high blood pressure, or chronic kidney disease (stage 3a+).

BMI ≥ 27
Plus pre-diabetes, a previous heart attack or stroke, or symptomatic peripheral artery disease.

Good to know before you ask

- The program is for **weight management only**, alongside lifestyle changes your provider will discuss with you.
- **Some patients are not eligible**, including those already receiving a GLP-1 through their Part D plan, patients with moderate-to-severe obstructive sleep apnea, and members of certain specialty Medicare plan types (PACE, private fee-for-service, and similar).
- The **pharmacy submits the prior authorization** — there's no paperwork for you to file ahead of time.
- If you have **type 2 diabetes**, GLP-1 coverage usually works differently (and often better) — just ask us.

What happens at your visit

- Your provider reviews your health history, medications, and goals, with labs if needed.
- Together you decide whether a GLP-1 — or another approach in our medical weight-loss program — is the right fit.
- If a GLP-1 is right for you, we send the prescription and the pharmacy takes it from there, including any prior authorization.
- We schedule regular follow-ups to track your progress and adjust safely.

> **Bring with you:** your insurance card, a list of current medications, and — if you used our online self-check — your result. It gives your provider a head start.

Updated July 2026. Medicare GLP-1 Bridge details current as of the program launch (7/1/2026) and subject to change by Medicare and participating manufacturers. Educational material only — not medical advice, a diagnosis, or a guarantee of treatment or coverage; those are determined by your provider and your plan. In an emergency, call 911. —