

Beyond GLP-1s: Withings Health Solutions Unveils Best Practices for Obesity Care Management Programs

In partnership with obesity care leaders, Withings Health Solutions redefines obesity care with connected devices to sustain engagement and improve outcomes in the GLP-1 era.

Boston, MA – October 16, 2025 – With the goal to transform obesity care, [Withings Health Solutions](#), a pioneer in digital health technology, unveils best practices for obesity care management programs, built from a decade of partnerships to deliver scalable, evidence-based, patient-focused care.

With obesity affecting more than 890 million adults worldwide, and with about [45% of U.S. adults eligible for anti-obesity](#) medications yet [fewer than 10,000 physicians](#) currently certified in obesity medicine, there is an urgent need for interdisciplinary solutions that sustain outcomes and prove long-term value. As the industry leader of solutions for obesity care providers, Withings Health Solutions has worked with dozens of partners across the industry, including [Form Health](#), [Wondr Health](#), [FlyteHealth](#), [Ilant Health](#) and [Yazen Health](#), to establish five best practices for a successful obesity care management program, focused on:

- **Remote Monitoring:** Continuous biomarker tracking enables real-time care adjustment, bridging the gap between prescription and long-term outcomes.
- **Patient Engagement:** Habit-forming devices and personalized on-device communications reinforce care team guidance and sustain participation well beyond typical program drop-off points.
- **Value-Based Care:** Accurate, continuous data empowers providers to measure outcomes, demonstrate ROI, and deliver accountable, cost-effective care that aligns with value-based models.
- **Personalized Care:** Integrating data such as body composition, blood pressure, sleep, and activity enables earlier interventions, coordinated care, and improved outcomes across obesity and comorbidities.
- **Clinical Rigor:** Traditional BMI measurements often miss critical factors like fat distribution, muscle mass, and metabolic health, leading to misdiagnosis and care disparities.

"At Withings, we've seen 93% scale retention at 12 months and 90% at 24 months, proof that when devices are intuitive, people keep using them. We're now bringing that same adherence into the healthcare industry," said [Antoine Pivron](#), Vice President, Withings Health Solutions. "By equipping our partners with clinically validated devices and medically cleared biomarkers, we enable them to capture robust, real-world obesity datasets that support evidence-based decisions and make obesity care truly sustainable."

Making Monitoring Central to GLP-1 Care

As GLP-1 drugs surge in popularity, sustainable weight and obesity care requires integrating monitoring, skill-building for lifestyle and behavior changes, and expert clinical support alongside medications. Withings cellular scales enable full-spectrum programs like Wondr

Health offers, which supports over 14 million eligible lives across 2,100 employers and healthcare organizations, to adjust treatment plans in the presence of plateaus or when targeted intervention is needed.

“By equipping participants with connected devices at the beginning of their weight loss journey, we can give them feedback that fuels adherence, empowers healthier choices, and provides clinicians with trusted data they need to deliver personalized, evidence-based care that moves the needle not just in weight, but in metabolic health, cost savings, and long-term risk reduction,” said [Dr. Tim Church](#), Chief Medical Officer, Wondr Health.

Boosting Patient Engagement

Self-monitoring is [crucial](#) for managing cardiometabolic conditions, but adherence remains a [challenge](#). On-screen device interventions have [proven](#) an effective strategy in weight management.

Choosing a sleek, cellular scale with habit-forming features has helped Form Health achieve exceptional weigh-in compliance. Nearly all patients in the program set up their scales and weigh themselves four times each week, resulting in 1.7 million weigh-ins in the past year alone. This seamless data flow provides Form’s clinician-led teams with real-time insight to guide personalized treatment and create one of the most comprehensive real-world data sets in obesity care.

“Patient engagement is the cornerstone of effective obesity and cardiometabolic care,” said [Evan Richardson](#), Founder & CEO of Form Health. “Withings’ cellular scales deliver consistent, trusted data which empowers our clinical team to deliver effective treatment and helps patients stay on track with their goals.”

Driving Outcomes to Enable Value-Based Care

Ilant Health, a value-based obesity and cardiometabolic care innovator, is using Withings to support Ilant’s personalized, data-driven approach to care. At the cornerstone of Ilant’s program is precise matching of each member to the most effective intervention, paired with ongoing individualized support to help each member succeed on their treatment journey.

“At Ilant, we believe treating obesity effectively means being accountable for both outcomes and cost,” said [Jess Muse](#), COO, Ilant Health. “Withings’ cellular solutions give us accurate, trusted data that can help quantify ROI, build payer trust, and deliver scalable, affordable, evidence-based care across diverse populations.”

Personalized Care at Scale

Obesity rarely exists in isolation; it is often accompanied by hypertension, prediabetes, and other cardiometabolic conditions that require coordinated management. Flyte Health exemplifies this holistic approach by going beyond traditional obesity care to address the broader spectrum of cardiometabolic conditions that often accompany it.

Through its partnership with Withings Health Solutions, Flyte Health equips patients with cellular scales and cellular blood pressure monitors, ensuring continuous and reliable data flows directly into care plans. This connectivity eliminates common barriers to monitoring: more than [17 million U.S. adults](#) cannot get accurate at-home blood pressure readings due to ill-fitting cuffs and improper measurement techniques. By leveraging Withings' inclusive cuff sizes and in-device measurement education that guides patients to take accurate readings, Flyte Health removes friction, increases accessibility, and enhances patient compliance.

"Greater than 95% of our patients provide regular data points that enable us to real-time adjust medication plans and encourage continuous improvements," said Dr. Cheryl Pegus, FlyteHealth CEO and Board Chair. "Multiple studies have demonstrated the value of remote monitoring of blood pressures and weights in achieving sustainable outcomes. These validated results are incorporated into everything we do at FlyteHealth. Equally important, we ensure every patient receives the right-sized blood pressure cuff based on their BMI, since using the correct cuff is essential for accurate readings and, ultimately, for making the best treatment decisions."

Elevating Clinical Rigor

For patients on GLP-1 therapies, traditional weight tracking can hide critical changes in body composition. These drugs often accelerate lean muscle loss, a risk for older adults and those with comorbidities, making muscle preservation essential for long-term health.

Earlier this year, the FDA issued new guidance requiring obesity drug developers to include baseline and follow-up body composition measurements using DEXA or a suitable alternative in clinical trials ([FDA Guidance, 2025](#)). This shift underscores growing recognition that muscle mass matters. While DEXA provides precise measurements, it involves ionizing radiation and therefore cannot be used for frequent monitoring. Withings body composition scales offer a safe, repeatable alternative for regular assessment in real-world settings.

Yazen, a European digital obesity care platform, uses Withings body composition scales to distinguish fat vs. muscle loss, track visceral fat, and intervene early. This gives clinicians clearer, real-time insights to support safe, evidence-based treatment adjustments and set a higher standard for obesity care.

"Connected health devices like Withings' smart scales allow us to follow patients' progress in real time, personalize treatment, and ensure safe, medically meaningful weight loss from the home environment," said [Martin Carlsson](#), Chief Medical Officer and Co-founder, Yazen Health. "This data-driven approach not only improves outcomes and adherence, but also lowers long-term healthcare costs and provides the evidence needed to support value-based reimbursement models."

Future of obesity care: a monitoring-focused approach

These partnerships reflect a larger movement: monitoring is now essential in obesity and GLP-1 care. Withings Health Solutions is helping the industry move beyond prescriptions into a new era of patient-centered outcomes.

From October 19-October 22, Withings Health Solutions will be showcasing its devices, including [Body Pro 2](#) and [BPM Pro 2](#) onsite at [HLTH 2025](#). Antoine Pivron will take the HLTH mainstage on Sunday, October 19th at 2:10 PM PT on the panel, "[GLP-1 Commitment Issues](#)."

Interested in learning more? Meet with us onsite or visit our website.

About Withings Health Solutions

Withings Health Solutions is a dedicated division of global connected health leader Withings, serving healthcare professionals across chronic disease prevention and management, remote patient monitoring, clinical research and more. Its mission is to bridge the gap between patients and their care teams by continuously and effortlessly providing healthcare professionals with medical-grade data generated by patients from an ecosystem of connected devices. For more than a decade, Withings has built an expertise in user experience, engagement and retention. Withings Health Solutions extends this expertise to the healthcare industry to remove friction in the patient's journey and allow for digital health to expand. For more information, visit www.withingshealthsolutions.com.

About Wondr Health

Wondr Health is the trusted leader in preventive weight and GLP-1 management solutions. Building on the strength of their digital behavioral program, Wondr Health delivers smarter weight management benefits with configurable GLP-1 coverage strategies that give employers and health plans more choice and maximum cost control. Integrated coaching, condition-specific care tracks, nutrition support, and connected devices drive sustained behavior change to prevent chronic disease and avoid downstream spend. Backed by 20 years of experience in the benefits space, Wondr Health sets a new standard for accessible, affordable care—helping organizations future-proof their weight management strategy while empowering individuals to live healthier, happier lives. For more information, visit www.wondrhealth.com.

About Form Health

Form Health is the national leader in science-based obesity care, delivering comprehensive medical treatment that addresses obesity as the root cause of many chronic health conditions. Form Health takes a strategic approach to obesity and cardiometabolic care through our virtual Center of Excellence model, led by ABOM-certified physicians and supported by specialized Care Teams including Advanced Practice Providers and Registered Dietitians. Our evidence-based approach combines personalized behavioral health support, nutrition guidance, physical activity programs, and FDA-approved medications, when appropriate. By treating

obesity at its source, Form Health enables organizations to manage GLP-1 costs while realizing the full spectrum of obesity care benefits—from direct medical savings to improved employee productivity and retention. The result is lasting weight loss, improved cardiometabolic health, and guaranteed ROI for our enterprise partners. Learn more at formhealth.co.

About Ilant Health

Ilant Health is a center of excellence for obesity and cardiometabolic health, focused on increasing access to treatment while reducing total cost of care for employers and payers through value-based care. Ilant provides the single front door for individuals with obesity, delivering end-to-end evidence-based solutions (bariatric surgery, medication, intense behavioral therapy) through a technology-enabled and analytics-driven obesity medicine practice. The result: exceptional member experiences, transformative clinical outcomes, and strong financial returns. Learn more at <https://www.ilanthealth.com>.

About FlyteHealth

FlyteHealth delivers a precision cardiometabolic care solution spanning pre-diabetes, hypertension, hyperlipidemia, obesity and related comorbidities using data and AI enablement for proven, cost-effective, and scalable treatment models nationwide. FlyteHealth was founded by leaders in clinical obesity management and was built on a foundation of robust data and years of hands-on clinical expertise. FlyteHealth's offering combines AI-powered clinical intelligence with smart technology and decision support tools that translate complex evidence into seamless care delivery with methodologies built for real-world speed. FlyteHealth focuses on close customer partnership, improving measurable outcomes, and every aspect of its model is designed for cost-effectiveness, optimizing savings while driving better engagement and patient adherence. Learn more at www.flytehealth.com.

About Yazen

Yazen is a digital healthcare provider specialized in the treatment of obesity - a chronic disease that requires long-term care. We are currently active in seven markets: Sweden, Norway, Denmark, the Netherlands, the United Kingdom, Germany, and Spain. Our team consists of 250 employees, of which 140 work in clinical care - including 100 licensed physicians.

Our unique model combines modern medications, continuous digital care, and support from a full healthcare team of physicians, health coaches, dietitians, psychologists, and physiotherapists. Research shows that this holistic approach leads to better and more sustainable outcomes than medication alone. More than 40,000 patients are in treatment right now and together they have lost over 360 tonnes. Yazen has also been recognized as the fastest growing startup in the Nordics and Benelux by The Sifted 100 Leaderboard. Learn more at www.yazen.com