Atlantic Health FAQs

What is FlyteHealth?

FlyteHealth is a personalized, clinically-led virtual care program for weight and cardiometabolic health, available at no cost to eligible Atlantic Health team members and dependents, that works alongside your primary care provider and existing Atlantic Health benefits and Well-Being programs.

Your care team may include doctors, nurse practitioners, registered dietitians, health coaches and care coordinators who work together to create a personalized plan that may include nutrition guidance, ongoing support and medication, when appropriate.

In a 24-month analysis, participants achieved:

- 15% average weight loss
- 16% decrease in blood pressure
- Healthier cholesterol
- Better blood sugar
- 12% reduction in A1c

View a webinar to hear how the program works, what to expect and how to get started.

Am I eligible for FlyteHealth?

FlyteHealth is available at no cost to eligible Atlantic Health team members and dependents (18+) enrolled in the Atlantic Health Medical Plan.

If you're unsure whether you're eligible, visit **flytehealth.com/atlantichealth** to verify your eligibility and get started.

How much does FlyteHealth cost?

FlyteHealth is available at no cost to eligible Atlantic Health team members and dependents (18+) enrolled in the Atlantic Health Medical Plan.

There are no co-pays for virtual visits. Lab work is covered by the Atlantic Health Medical Plan.

Can I still use my other Atlantic Health Well-Being Programs?

Yes. FlyteHealth is designed to work alongside your existing Atlantic Health benefits and Well-Being programs. Depending on your individual needs, you may be able to participate in multiple programs at the same time.

Who is FlyteHealth designed for?

FlyteHealth supports people with a variety of health goals and is designed for team members who want more personalized clinical support to improve their cardiometabolic health.

Whether you're looking to lose weight, improve your nutrition, manage an existing condition such as high blood pressure or diabetes, lower your cholesterol or simply build healthier habits, your care team creates a personalized plan based on your individual needs and goals.

How do I sign up for FlyteHealth?

Signing up is simple. Visit **flytehealth.com/atlantichealth** to confirm your eligibility and create your account.

Once you've created your account, you'll download the FlyteHealth app and complete your health checklist, including a short health questionnaire and lab work. After that, you'll schedule your first visit with your care team.

How does FlyteHealth work?

It starts with a quick sign-up and health profile. If you've had routine lab work completed within the past year, you can share those results with us. If not, we'll help you complete lab work at a convenient location, including Atlantic Health facilities.

Once your lab work is complete, you'll meet virtually with your care team to create a personalized care plan. From there, you'll use the FlyteHealth app, connected devices (when applicable), and regular check-ins to help you stay on track and receive ongoing support.

What labs do I need?

Lab work is an important first step because it helps your care team better understand your health and create a personalized treatment plan.

If you've had routine lab work completed within the past year, you can share those results with us. If not, we'll help you complete lab work at a convenient location, including Atlantic Health facilities. We'll handle the details to make the process as easy as possible.

How do you get lab work done to submit during enrollment in the FlyteHealth Program?

Already had lab work? If you've had labs in the last 12 months, simply submit those during enrollment. The Flyte team will review and use what they need to personalize your care.

Need updated labs? You can complete your lab work at **any Atlantic Health lab** location, making it easy to get the information your care team needs. Lab work will be covered under the Atlantic Health Medical Plan.
Not sure what you have? Just submit what you have. Flyte will review your records and let you know if anything else is needed before your first appointment.

Who will be on my care team?

Your care team may include doctors, nurse practitioners, registered dietitians, health coaches and care coordinators, depending on your individual needs. Together, they provide personalized medical care, nutrition guidance and ongoing support throughout your journey.

Are appointments virtual?

Yes. All appointments are conducted virtually using the FlyteHealth app, making it easy to connect with your care team from home. Flexible appointment times, including evenings and weekends, are available.

Do I have to take medication?

No. Medication is not required to participate in FlyteHealth.

Your care team will create a personalized treatment plan based on your individual needs. If medication is appropriate, they'll discuss your options with you.

Atlantic Health does not cover medications prescribed solely for weight loss. Prescription drug coverage, including GLP-1 medications prescribed for covered medical conditions, remains subject to Atlantic Health Medical Plan provisions.

What if I've tried to lose weight before and it didn't work?

Many people have tried different approaches without lasting success. Weight and related health conditions are complex, and there isn't a one-size-fits-all solution.

FlyteHealth combines medical care, nutrition guidance, coaching and ongoing support to help you build healthy habits and achieve lasting results.

What is the commitment? Can I opt out at any point?

FlyteHealth is an annual program. The initial visit is 60 minutes. Follow-up visits are 30 minutes, and the cadence is personalized to help you achieve your health goals.

You may opt out at any time.

Could participation in this program help me get insurance coverage for weight-management medication such as GLP-1s?

Participation in FlyteHealth does not make GLP-1 medications for weight loss eligible for coverage under the Atlantic Health Medical Plan.

Is this program appropriate for me if I want to maintain weight or want the nutrition / exercise support elements but don't necessarily want to lose weight?

FlyteHealth is designed for those who want more personalized clinical

support to improve their cardiometabolic health. Whether you're working toward weight loss, managing an existing condition or looking to improve key health measures, Flyte’s care team partners with you—and your primary care provider—to help you reach your goals.