



Weight Management Programs – Western Massachusetts & Online

Local Options in Western Massachusetts

Holyoke Health Center Weight Management Program (Holyoke, MA)	Patient-centered, holistic care including medical evaluations, nutrition counseling, and long-term weight management strategies.	https://www.holyokehealth.com/services/weight-management/#
UMass Memorial Health Weight Center (Worcester, MA)	Accredited Comprehensive Center offering both surgical and non-surgical weight loss options, including lifestyle coaching and medical evaluation.	https://www.ummhealth.org/services-treatments/endocrinology-metabolism/metabolic-weight-loss
Trinity Health Of New England - Medical Weight Loss Program (Springfield, MA)	Provides medical weight loss services with a team of bariatric physicians and dietitians, offering medication-assisted weight loss and behavioral change support.	https://www.trinityhealthofne.org/services/bariatric-and-weight-loss-services

Yale New Haven Health – Center for Weight Management (Guilford, CT)	Medically supervised, non-surgical weight loss programs, including behavioral therapy, nutrition counseling, and physical activity support	https://www.ynhh.org/services/weight-loss-program
WellPoint Health Solutions (Wilbraham, MA)	Offers personalized nutrition counseling and wellness programs, with GLP-1-based treatment options (e.g., Wegovy, Zepbound) and both in-office and telehealth services.	https://www.wellpointhealthrd.com/

Online Options

Weight Watchers Clinic (WW Clinic)	Provides access to GLP-1 prescriptions via licensed clinicians, combined with WeightWatchers’ behavioral and lifestyle program and virtual check-ins.	https://www.weightwatchers.com/us/weight-loss-medication
Noom Med	Combines Noom’s behavioral psychology-based platform with medical care and access to GLP-1 prescriptions, plus coaching and education.	https://www.noom.com/

LillyDirect	<p>Connects patients with independent telehealth providers for virtual consultations. If prescribed, patients can receive authentic Zepbound® (tirzepatide) vials delivered directly to their homes.</p> <p>Cost Information:</p> <ul style="list-style-type: none"> • - 2.5 mg dose: \$349/month • - 5 mg dose: \$499/month • - 7.5 mg and 10 mg doses: \$499–\$699/month 	https://lillydirect.lilly.com/pharmacy/zepbound
Lemonaid Health	<p>Offers online assessments and virtual care from licensed clinicians who may prescribe GLP-1 medications (e.g., Ozempic, Wegovy), with medication delivery and continued support.</p>	https://www.lemonaidhealth.com/services/weight-loss

PlushCare	Virtual appointments with board-certified doctors for evaluation and prescribing of GLP-1 medications like Zepbound or Wegovy, with personalized plans and ongoing care.	<u>https://plushcare.com/zepbound-tirzepatide-prescription/</u>
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