

Obesity care that **empowers you**



Your care team has referred you to FlyteHealth for medically supervised weight loss treatment and lifestyle coaching. The FlyteHealth team can't wait to meet you and help support your journey to improved health!

What is FlyteHealth?

FlyteHealth is a medical weight loss program that connects you with physicians, nurse practitioners, and registered dietitians who help people lose weight and manage conditions such as diabetes, hypertension, sleep apnea, and others. Through FlyteHealth, all care is delivered virtually using telehealth and a mobile patient app.

How does the program work?

You will meet with a doctor who will create a personalized treatment plan for you based on your health history, genetics, lifestyle, and readiness to change. You will have virtual check-ins with a registered dietitian and nurse practitioner to monitor your progress, troubleshoot any challenges, make modifications if necessary, and to make sure you have everything you need to succeed.

What's Next?

1. To get started, go to joinflyte.com/pequot. This program is available for the Tribal Family Health Plan (TFHP) members.
2. FlyteHealth will confirm your eligibility and provide instructions on how to download the patient app.
3. After downloading the FlyteHealth app, complete the in-app checklist so you can schedule your first appointment with a FlyteHealth provider.



 joinflyte.com

Questions?

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Our office hours are:
Monday through Sunday, 8 AM–6 PM