

# lyricLEAN

## WHAT IS LYRIC LEAN?

Lyric LEAN is a GLP-1 weight loss program offers members guided steps to lasting weight loss. This program provides a comprehensive, holistic approach to weight loss that addresses the multifaceted aspects of obesity and weight loss. Lyric LEAN includes tailored treatment plans incorporating GLP-1 therapy, nutrition, diet, health coaching, and educational resources for long-term weight loss success.

## WHAT HAPPENS AFTER I ENROLL?

Upon enrollment activation, you will receive two welcome emails. One will come from [noreply@pram.com](mailto:noreply@pram.com) and the second will come from [noreply@em.getlyric.com](mailto:noreply@em.getlyric.com). Make sure to check junk and spam email folders in the event the email gets filtered out.

## HOW DO I GET STARTED?

You will complete a short **Qualifying Questionnaire** and submit a **Weight Loss Consultation Request**.

## WHAT ARE THE PROGRAM DISQUALIFIERS?

The following conditions will disqualify you from participating:

- » Chronic Kidney Disease
- » Hepatitis
- » Cancer
- » Heart Attack or Blockage
- » Congestive Heart Failure, Stroke, or TIA
- » Blurry Vision
- » Dizziness with Standing
- » Neuro-degenerative Disease such as Parkinsons, Alzheimers, or ALS

## WHAT HAPPENS AFTER I SUBMIT MY REQUEST?

You'll have a consultation with a provider, who will answer any questions you may have and order **baseline lab tests**.

## HOW DO I COMPLETE MY LAB WORK?

Our Care Team will contact you to:

- » Provide your **Lab Requisition Form** and sample collection instructions

Then you'll visit a local lab for your blood draw.

## WHEN DO I GET MY RESULTS?

Within a few days, your results are reviewed by your provider. If appropriate, they'll create your **personalized treatment plan** and prescribe medication.

## HOW DO I GET MY MEDICATION?

Our Care Team will contact you to:

- » **Share your treatment plan**
- » **Your prescription** will be sent to the pharmacy and shipped directly to you.

## WHAT HAPPENS AFTER I RECEIVE MY MEDICATION?

Once you confirm receipt in your Lyric Lean dashboard, we'll automatically schedule next month's **Follow-Up Consultation** (about two weeks later).



## QUICK MEMBER CHECKLIST

### Before you Begin:

- Complete the Qualifying Questionnaire
- Submit a Weight Loss Consultation Request

### Next Steps:

- Attend your provider consultation
- Complete your lab work
- Review treatment plan and confirm medication

### Ongoing:

- Record medication delivery in your Lyric dashboard
- Attend your monthly Follow-Up Consultation
- Stay consistent and connected with the Lyric Care Team

## TIPS FOR A SMOOTH EXPERIENCE

- » **Check Email Regularly**  
Look for important program emails from:
  - [noreply@pram.com](mailto:noreply@pram.com)
  - [noreply@em.getlyric.com](mailto:noreply@em.getlyric.com)
- » **Mark Your Calendar**  
Make note of key milestones like lab appointments, medication delivery, and follow-ups.
- » **Need Help?**  
Our Member Care Team is ready to assist you at (866) 223-8831.

## WHAT'S INCLUDED IN THE LYRIC LEAN PROGRAM?

- » Personalized consultation with a licensed provider
- » Lab testing and detailed health review
- » Custom treatment plan with GLP-1 medication (if appropriate)
- » Pharmacy coordination and direct shipping
- » Follow-up consultations to monitor progress
- » Ongoing support and education

## HOW DO I CANCEL MY MEMBERSHIP?

Contact PRAM via email at [memberterms@pram.com](mailto:memberterms@pram.com) or visit us online at <https://pram.com/termination-request/#term-form>.



## THIS PROGRAM IS NOT INSURANCE

Program administered by PRAM, Inc. 1 Pointe Dr., #120, Brea, CA 92821 - (800) 262-7726

Program Website: <https://www.pramdiscountrx.com> Need help with Lyric LEAN? Contact Lyric at (866) 223-8831.