

## Signature topics (titles + outcomes)

### 1) Responsible GLP-1 Coverage: Buy Outcomes, Not Access

Outcomes: coverage guardrails, safety plan, waste controls, and ROI metrics.

Ideal audience: HR/Benefits, Finance, Medical Directors

### 2) When Biology Changes the Rules: Midlife, Menopause, Metabolism

Outcomes: benefits and accommodations that fit physiology; manager playbook for energy/sleep/cognition; improved retention and disability days.

Ideal audience: HR/Benefits, People Leaders, ERGs, Clinicians

### 3) Benefits, Rewritten: Designing for Metabolic Health

Outcomes: shift from points programs to physiology-aligned design; KPIs beyond weight; vendor/policy audit checklist.

Ideal audience: C-suite, HR/Benefits, Population Health

## Formats

- **Keynote:** 45–60 minutes. In-person or virtual.
- **Half-day workshop:** 3–4 hours. Leaders or cross-functional teams
- **Bundle:** Keynote → Workshop → 30-day huddle (45–60 min follow-up) to lock in actions.

### Typical workshop agenda (sample)

Context + stakes (20) • 2) Core framework + cases (60) • 3) Breakouts: policy/design (60) • 4) Report-backs (20) • 5) 90-day action plan (20)

## Takeaways and deliverables

- Topic slide deck (PDF)
- One-page checklists (GLP-1 coverage; Midlife benefits; Audit items)
- 90-day action plan template
- Post-event recap + resource links



## **AV and room needs**

- Wireless lavalier mic, confidence monitor, HDMI to projector/LED, audio out for video
- Flip charts or whiteboard for workshops
- Reliable Wi-Fi for live polling (optional)

## **Travel**

- Origin: Kansas City area • Standard business travel • Flexible scheduling

## **Booking**

Email [courtney@heartlandweightloss.com](mailto:courtney@heartlandweightloss.com) or submit the contact form:  
<https://courtneyyounglovemd.com/contact-form/>

Please include: event date, audience, size, format, goals, budget range.