

# Plenity®

FOR HEALTHCARE PROVIDERS

## Help your patients feel fuller and eat less.

MyPlenity.com/healthcare-professionals

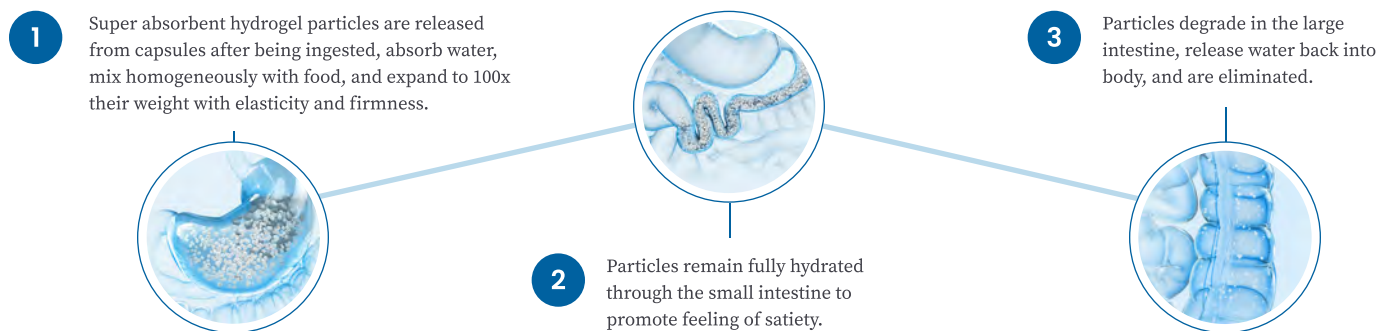


### What is Plenity?

Plenity is an FDA-cleared aid for weight management in adults with excess weight or obesity and have a body mass index (BMI) of 25 to 40 kg/m<sup>2</sup>, when combined with diet and exercise.<sup>1</sup> Plenity helps patients on their weight management journey by helping them feel fuller so they eat less.

### How it works

Plenity is a non-systemic, superabsorbent hydrogel built from modified cellulose and citric acid.<sup>1</sup> Patients take three Plenity capsules with 16 oz. of water 20 minutes before lunch and dinner. Plenity absorbs water and expands in the stomach but does not enter the bloodstream.



*For illustrative purposes only.*

### Why Plenity?

Because Plenity is designed to help people feel fuller throughout the day, it may help your patients eat less. In fact, in a randomized, double-blind, placebo-controlled clinical trial, patients achieved clinically significant weight loss. In GLOW, a 6-month trial, about 6 out of 10 responders achieved  $\geq 5\%$  weight loss. Responders lost an average of  $\sim 10\%$  of total body weight, or around 22 pounds.<sup>2</sup>

Some participants had a stronger response to Plenity. One out of four of these super responders achieved  $\geq 10\%$  weight loss. Super responders lost an average of  $\sim 14\%$  of total body weight, or around 30 pounds.<sup>2</sup>

Overall incidence of side effects was no different than placebo; however, gastrointestinal side effects occurred more frequently in patients using Plenity. The most common side effects observed in the study were diarrhea, abdominal distension, infrequent bowel movements, flatulence, constipation, abdominal pain, and nausea.<sup>1,2</sup>

People who are pregnant or allergic to cellulose, citric acid, sodium stearyl fumarate, gelatin, or titanium dioxide should not take Plenity.<sup>1</sup>

*Plenity is Rx Only. Please see back for Intended Use, Important Safety Information and GLOW Study Design.*



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## Two ways to get patients started on Plenity

Once your registered dietitian nutritionist partner suggests starting a patient on Plenity, you can either write the prescription yourself and use our mail-order pharmacy partner to fill the prescription, or have the patient go through our Plenity telehealth service.

## Your prescription and mail-order fulfillment

To prescribe Plenity directly to your patients, send the Plenity prescription to our mail-order pharmacy partner, GoGoMeds, via eFax, fax, or EMR. The pharmacy does the rest—contacting the patient via email or text to notify them that the prescription has been received and that they need to set up an account for payment and fulfillment. The patient pays directly for Plenity—\$98 for a 4-week supply (\$1.75 per meal), or they can save 15% off a 12-weekly supply (\$1.48 per meal). There are no coverage or co-pay hurdles for them to deal with. Once fulfilled, a Plenity starter kit is shipped directly to your patient. You will receive weekly reporting on how many of your prescriptions have been filled, which will keep you up to date on compliance.

## Plenity patients receive more than a prescription

Plenity is more than just a capsule. Patients can join our digital Member Experience for support, tools, and strategies to help them along their weight management journey. At our dedicated member website, [PlenityExperience.com](https://www.PlenityExperience.com), they will find resources such as:

- Complimentary consultation with a certified lifestyle coach to develop a plan tailored to their unique needs
- Access to a private Facebook support community
- Behavior modification and mindful eating strategies
- Realistic goal-setting and dose tracking
- And much more!

Please encourage the patients for whom you initiate Plenity to register for the complimentary full Plenity experience.

Plenity® is indicated to aid weight management in adults with excess weight or obesity, Body Mass Index (BMI) of 25–40kg/m<sup>2</sup>, when used in conjunction with diet and exercise.

### Important Safety Information

- Plenity is contraindicated in patients who are pregnant or are allergic to cellulose, citric acid, sodium stearyl fumarate, gelatin, or titanium dioxide
- Plenity may alter the absorption of medications. Read Sections 6 and 8.3 of the Instructions for Use carefully
- Avoid use in patients with: esophageal anatomic anomalies, including webs, diverticuli, and rings; suspected strictures (such as patients with Crohn's disease); and complications from prior gastrointestinal (GI) surgery that could affect GI transit and motility
- Use with caution in patients with active gastrointestinal conditions such as gastro-esophageal reflux disease (GERD), ulcers, or heartburn
- The overall incidence of AEs in the Plenity group was no different than the placebo group
- The most common side effects were diarrhea, distended abdomen, infrequent bowel movements, and flatulence.

**Rx Only.** For the safe and proper use of Plenity, refer to the Healthcare Professionals Instructions for Use at <https://www.MyPlenity.com/healthcare-professionals>.

† The GLOW pivotal study was a 6-month, multicenter, randomized, double-blind, placebo-controlled pivotal trial assessing the safety and efficacy of Plenity. Plenity (n=223) or placebo (n=213) was administered to 436 adults with excess weight or obesity, with or without type 2 diabetes. Primary endpoints: 1) at least 35% of patients on Plenity achieving ≥5% weight loss, and 2) whether individuals receiving Plenity lost 3% more of their body weight than individuals receiving placebo.<sup>1</sup>

### References:

1. Plenity[Instructions for Use]. Boston, MA: Gelesis, Inc.; 2021.
2. Greenway FL, Aronne LJ, RabenA, et al. A randomized, double-blind, placebo-controlled study of Gelesis100: a novel nonsystemicoral hydrogel for weight loss. *Obesity*. 2019;27(2):205-216.