

NEWSLETTER

July, 2026



Better My Meds
Medication
Management Services



You may have noticed that there aren't any Better My Meds speaking events in August. Clearing the August calendar was an intentional effort to give my family and me an opportunity to be a bit more spontaneous during one of the warm summer months.

But never fear, we're still ready to help you in August and throughout the year. What questions do you have about your medications? Do you wonder if you still need them all? If they might be causing disturbing symptoms you've noticed? Or maybe you'd just like more information about how your meds and supplements work.

Let us help you (or someone you know) get better health outcomes from your meds! [Contact us](#) today!

Upcoming Events

There are no *Better My Meds* speaking events scheduled for August.

Watch for a full schedule in September!

Our commitment to you won't take a break in August, though. We'll still be available when you need information about your meds and health.

Don't hesitate to [contact us](#) if you'd like to meet during August. We'll do our best to make sure you get the healthcare you need.

News You Can Use

Medicare is now covering GLP-1s for weight loss!

Just this month Medicare Prescription Drug Plans began covering GLP-1s for weight loss. The program is called "Medicare GLP-1 Bridge", and it's a temporary program that runs through December 31, 2027. It'll provide eligible Medicare beneficiaries with the opportunity to try a GLP-1 medication (Wegovy and Zepbound injections or Foundayo tablets) for just \$50/month during that time.

Eligibility is based on BMI ([body mass index](#)), underlying health conditions, and participation in a Medicare Prescription Drug plan. Here's a patient-centered [fact sheet](#) that explains how the program works. If you've thought about a GLP-1 for weight loss but haven't been able to afford it, and you have prescription coverage under Medicare, take a look at the program details to see if it's time to reconsider trying it!

Better My Meds can use your help.

At **Better My Meds** we want to do everything we can to help you get better health outcomes from your medications. But we can use your help, too. In this day and age of people looking for services online, customer reviews are very important. If you've enjoyed our publications, attended our speaking events, or engaged our services, please consider writing a brief review! Click [this link](#) and look for the bright blue button on the right that says "review us on Google". And thank you!

From my family to yours, we hope you're able to make time to do the things that bring you joy during these warm summer months!

