A CME and CE Workshop for Physicians and Licensed Health Care Professionals On:

Optimization of GLP-1–Based Therapies: Clinical Applications, Safety and Barriers to Access



Presentation Overview

This presentation provides an evidence-based overview of GLP-1–based therapies and their FDA-approved indications. Participants will review mechanisms of action, comparative efficacy and key safety considerations across available medications. The presentation will focus on practical strategies for patient selection, initiation, titration and management of common adverse effects in real-world clinical settings. Barriers to access, including cost, insurance requirements, and language and cultural factors, will be discussed, along with strategies to support adherence and follow-up. Case-based examples will support the application of these concepts in clinical practice.

At the end of the program, attendees should be able to:

- Describe the mechanism of action and indications of GLP-1–based therapies.
- Identify appropriate patients for GLP-1–based therapy using clinical characteristics and guideline recommendations.
- Compare at least three GLP-1–based therapies with respect to efficacy, safety and dosing considerations.
- Apply evidence-based guidelines to initiate, titrate and monitor GLP-1–based therapies in clinical practice.
- Identify examples of implicit bias or structural barriers that may impact equitable access to GLP-1–based therapies and propose one strategy to mitigate each in clinical practice.

1.5 CME and CE Credits Offered

The certificate will be issued via CloudCME once the evaluation is completed.

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EVENT INFORMATION

When:
Wednesday,
July 29, 2026

Time:
Noon–1:30 p.m.

Where:
Zoom Webinar

For questions, please email continuingeducation@caloptima.org.

Please RSVP through the link or QR code below:

https://bit.ly/3R5Omaa

In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special continuingeducation@caloptima.org two weeks before the meeting date.

Guest Speaker:

Tina Zolfaghari, PharmD



Tina Zolfaghari, PharmD, is an Ambulatory Care Pharmacist Specialist at the University of California, San Francisco (UCSF), where she practices as a primary care pharmacist with a focus on cardiometabolic disease management. She is the UCSF GLP-1 pharmacist lead, supporting the implementation and optimization of GLP-1 receptor agonists across multiple indications, including Type 2 diabetes, obesity, obstructive sleep apnea and metabolic dysfunction-associated steatohepatitis (MASH). Dr. Zolfaghari also co-leads the UC Way Hypertension Medication Use Subgroup, advancing systemwide strategies to improve blood pressure control and population health outcomes. She earned her Doctor of Pharmacy degree from UCSF and completed her PGY1 and PGY2 ambulatory care residency training at the University of California, Davis Health.

CME Accreditation Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and CalOptima Health. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation Statement: The University of California, Irvine School of Medicine designates this virtual activity for a maximum of *1.5 AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure: All presenters and individuals who planned this event do not have financial interests to disclose.

California Assembly Bill 1195 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency and implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, www.meded.uci.edu/cme, for AB 1195 and AB 241 resources.

CE Accreditation Statements:
BRN — This provider has been approved by the California Board of Registered Nursing, Provider #CEP 11596 for 1.5 contact hours.
CAMFT — CalOptima Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. CalOptima Health maintains responsibility for this program/course and its content. Course meets the qualification for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Science. Provider #129350. To file a grievance, please email: continuingeduacation@caloptima.org.
NCHEC — Sponsored by CalOptima Health, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 1.5 total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours are 0. Provider ID #: 10167. Total Contact Hours earned: 1.5; Entry-level contact hours earned: 1.5; Advanced-level contact hours earned: 0

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AGENDA:

Noon: Opening Remarks — Katie Balderas, Director, Case Management, CalOptima Health

12:05 p.m.: Guest Speaker — Tina Zolfaghari, PharmD, Ambulatory Pharmacist Specialist, UCSF Health

1:15-1:30 p.m.: Closing Remarks — Katie Balderas, Director, Case Management, CalOptima Health

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