

# GLP-1s for weight management

## New coverage requirements

Doctors sometimes prescribe weight management medications, such as glucagon-like peptide 1 (GLP-1s) agonists, for people who haven't been able to lose weight with lifestyle changes.

### Which medications are GLP-1s?

Saxenda®, Wegovy® and Zepbound™ are the GLP-1s that are currently approved by the U.S. Food and Drug Administration (FDA) for weight management.

### New coverage requirements for GLP-1s for weight management

GLP-1s need approval from Cigna Healthcare<sup>SM</sup> before they can be covered. To be approved, you must:

1. Currently have, or had at the time you started using a GLP-1, a body mass index (BMI) of 32 or higher (or 27 or higher and have two weight-related health issues) and
2. Have tried following a lower-calorie diet and/or participated in a lifestyle change program for at least three (3) months and
3. Join and participate in Omada®'s online lifestyle change program, which is available at no extra cost to you (if you're eligible for the program).<sup>1</sup>

### Steps for GLP-1 coverage<sup>2</sup>

#### 1. Apply for Omada

- Go to [omadahealth.com/CignaRx](https://omadahealth.com/CignaRx)
- Enter the unique access code Omada sent you<sup>3</sup>
- Take the online risk screener
- Get accepted – and get started

#### 2. Call your doctor's office to start the medication coverage review process

- You must already be enrolled in Omada to do this
- Get approved

#### 3. Participate in Omada – and stay covered

Do each of these activities at least four (4) times every 30 days, for as long as you're using a GLP-1 for weight management:

- Use the Omada app (doing lessons, working with your health coach, connecting with your peer group and/or online community) and
- Weigh yourself (either using the scale Omada sends you or by typing your weight into the Omada app).

All sources and disclosures appear at the end of this document.

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## Frequently asked questions

### Q. How do I know what my BMI is?

A. BMI, or body mass index, is a measure of your body composition based on your height and weight. For example, if you're 5' 5" tall and weigh 200 lbs, your BMI would be 33.3.<sup>4</sup> Your doctor can tell you what your BMI is. Or, you can use an online calculator to find out.

### Q. Why is the BMI for coverage of GLP-Is higher than what the FDA requires?

A. A BMI of 30 or higher is considered obese.<sup>4</sup> Our goal is to make sure that those who are at-risk for serious weight-related health issues have access to a GLP-I.

### Q. My BMI was over 32 when I started using it, but it's lower now. Can I still get coverage for my GLP-I?

A. GLP-Is help lower your BMI. Your plan will cover your GLP-I as long as you had a BMI of 32 or higher (or 27 or higher with two weight-related health issues) at the time you started using the medication. Be sure your doctor lets Cigna Healthcare know what your starting BMI was as part of your health history.

### Q. What type of weight-related health issues are part of the requirements for coverage of a GLP-I?

A. Examples include:

- Arthritis of the knee (knee osteoarthritis)
- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease (CAD)
- Heart disease
- High cholesterol (dyslipidemia)
- High blood pressure (hypertension)
- Non-alcoholic fatty liver disease
- Obstructive sleep apnea
- Polycystic ovarian syndrome
- Type 2 diabetes

### Q. What's Omada?

A. Omada is a virtual care program that offers online programs that help people manage their weight, lower their blood pressure or control diabetes through one-on-one health coaching, specialist support and smart devices. It's available as part of your pharmacy benefit at no extra cost to you; however, you must meet clinical eligibility requirements to participate.

### Q. How do I know if I can join Omada's program?

A. Take Omada's online risk screener – answer a few simple questions to see if you're eligible. You'll be accepted as long as you're considered "at risk" for certain health conditions.

### Q. How do I get started with Omada?

A. Go to [omadahealth.com/CignaRx](https://omadahealth.com/CignaRx) and enter the unique access code Omada sent you to get started. Can't find your code? Here are two ways to get it:

1. **Online.** Log in to the **myCigna® App**<sup>5</sup> or **myCigna.com**<sup>®</sup> and click on the Prescriptions tab. Then choose Orders and Balances from the dropdown menu. Under the Automatic Refills section, click the Manage Auto Refill button. You'll be connected to the Express Scripts® Pharmacy website.<sup>6</sup> Click on the Health Solutions tab. There, you'll see your Access Code(s) for the program(s) available to you. Or,
2. **By phone.** Call the number on your Cigna Healthcare ID card.

### Q. I'm already enrolled in Omada. Do I have to enroll again or start the program again?

A. If you're currently using Omada, all you have to do is use their app and weigh-in at least four (4) times every 30 days.

However, if you've already finished the Omada program, you'll need to enroll again using the unique Access Code sends you. Once you're accepted into the program, Omada will send you a new scale and connect you with a new coach and peer group.

### Q. I can't find my Access Code. What do I do?

A. Here are two ways to get your code:

1. **Online.** Log in to the **myCigna App** or **myCigna.com** and click on the Prescriptions tab. Then choose Orders and Balances from the dropdown menu. Under the Automatic Refills section, click the Manage Auto Refill button. You'll be connected to the Express Scripts® Pharmacy website.<sup>6</sup> Click on the Health Solutions tab. There, you'll see your Access Code(s) for the program(s) available to you. Or,
2. **By phone.** Call the number on your Cigna Healthcare ID card.

**Q. I'm currently using a GLP-I medication. Is there anything I need to do to stay covered?**

**A.** Yes. You have to meet the new coverage requirements. This means you'll have to sign up for Omada; once you're accepted, your doctor will have to contact Cigna Healthcare to start the medication coverage review process. Omada will send you an Access Code to get started.

**Q. How do I check my medication's approval status?**

**A.** Log in to the **myCigna** App or **myCigna.com**.

- Click on the Prescriptions tab.
- Select *My Medications* from the dropdown menu.
- Scroll down the page until you get to the Prior Authorizations section.
- Click the View List button to connect to the Prior Authorization Portal.<sup>6</sup> Here, you'll see an explanation of the 4-step coverage review process.
- Click on View Details to read more about the decision, next steps and/or see the decision letter we mailed to your home.

**Q. If my medication is approved, is there a limit to how long I can take it?**

**A.** No. How long you stay on the medication is up to you and your doctor.

Your medication coverage is approved for a certain amount of time, typically 6-12 months. When your approval period ends, your doctor will have to contact Cigna Healthcare to ask for a new approval.

**Q. If I stop using my medication, is there any weight management support available to me?**

**A.** Yes. You can still participate in Omada's program. Their coaches and specialists will give you the tools and resources you need to support your weight loss journey without medication.

**Q. My medication wasn't approved. Why?**

**A.** There can be several reasons why it wasn't approved. For example:

- I. You may not have signed up for, or participated in, the Omada program.** You have to do this before your doctor can ask Cigna Healthcare to approve your coverage.

**What you should do next:**

- **Sign up for Omada.** Once you're accepted (can take up to three (3) days), ask your doctor to contact Cigna Healthcare to approve your coverage.

- **If you're already signed up with Omada,** use the Omada app (doing lessons, working with your health coach, connecting with your peer group and/or online community) and weigh yourself (either using the scale Omada sends you or by typing your weight into the Omada app).

- 2. The prior authorization form your doctor sent us was missing information.** For example, your doctor has to show proof that you meet the BMI/weight requirement\* and state that you've been following a lower-calorie diet and/or participated in a lifestyle change program for at least three (3) months.

\* If you've been using a GLP-I for weight management and your BMI is now lower than what's required, be sure your doctor lets Cigna Healthcare know what your starting BMI was.

**What you should do next:**

- **Ask your doctor to send Cigna Healthcare chart notes and/or proof** that you meet BMI requirements and have tried to lose weight through diet and exercise for at least 3 months.
- **If you haven't tried to lose weight through diet and exercise for at least 3 months,** please work with your doctor to create a diet and exercise plan. After 3 months, follow up with your doctor on next steps.

- 3. Your doctor sent us the wrong form.**

**What you should do next:**

- **Ask your doctor to contact** the Cigna Healthcare Coverage Review Department to get the right form.

- 4. You don't meet BMI requirements.**

**What you should do next:**

Talk with your doctor about your other treatment options.

- 5. You're not eligible for GLP-I coverage.**

**What you should do next:**

Talk with your doctor about your other treatment options.

**Q. Who can I contact if I have other questions?**

**A.** If you have questions about Omada, go to **support.omadahealth.com**, talk with them on the Omada app or email **support@omadahealth.com**. If you have questions about your medication coverage, call the number on your Cigna Healthcare ID card.



1. Cigna Healthcare partners with Omada to offer online programs that help people manage their weight, lower their blood pressure or control diabetes through one-on-one health coaching, specialist support and smart devices. **It's available as part of your pharmacy benefit at no extra cost to you; however, you must meet clinical eligibility requirements to participate.** Cigna Healthcare does not endorse or guarantee the accuracy of any third-party content and is not responsible for it. You agree to use third party content at your own risk.
2. You may not be eligible for Omada's program and/or for GLP-1 weight management medication coverage. To be accepted into Omada's program, you must be at risk for certain health conditions. To be approved for GLP-1 coverage, you must meet the GLP-1 BMI and other requirements and be accepted into the Omada program. For your GLP-1 to stay covered, you must actively participate in Omada's program.
3. You'll need to enter the unique access code Omada sent you to get started. Can't find your code? Call the number on your Cigna Healthcare ID card to get it. Or, log in to [myCigna.com](https://myCigna.com) and click on the Prescriptions tab. Then choose Orders and Balances from the dropdown menu. Under the Automatic Refills section, click the Manage Auto Refill button. You'll be connected to the Express Scripts® Pharmacy website. Click on the Health Solutions tab. There, you'll see your Access Code(s) for the program(s) available to you.
4. Centers for Disease Control and Prevention (CDC) website, "Body Mass Index (BMI)." Last reviewed: March 14, 2024. [cdc.gov/healthyweight/assessing/bmi/index.html](https://cdc.gov/healthyweight/assessing/bmi/index.html).
5. App/online store terms and mobile phone carrier/data charges apply. Customers under age 13 (and/or their parent/guardian) will not be able to register at [myCigna.com](https://myCigna.com).
6. Cigna Healthcare uses the Express Scripts® website for certain programs and services. Both Express Scripts and Cigna Healthcare are part of The Cigna Group.

**Para obtener ayuda en español llame al número en su tarjeta de Cigna Healthcare.**

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