

Prescription weight management medications

Coverage to help support your health journey

Keeping a healthy weight isn't easy. Doctors sometimes prescribe weight management medications for people who haven't been able to lose weight with lifestyle changes, such as healthy eating and exercise. To help support your health and well-being, your plan covers prescription weight management medications.

Talk with your doctor if you're thinking about trying this type of medication.

The U.S. Food and Drug Administration (FDA) has approved many prescription medications for managing weight.

- Some come in pill form; however, most come as an injection ("shot").
- Some may need approval from Cigna HealthcareSM before they can be covered and/or have a quantity limit.
- Log in to the myCigna[®] App¹ or **myCigna.com**[®] and use the Price a Medication tool to see how much these medications cost before you get to the pharmacy counter – or even before you leave your doctor's office.²

Weight management medications

Adipex-P[®]
benzphetamine
Contrave[®]
diethylpropion/diethylpropion ER
Imcivree^{TM 3}
LomairaTM
Orlistat
phendimetrazine/phendimetrazine ER
phentermine
Qsymia[®]
Saxenda^{® 4}
Wegovy^{® 4}
Xenical[®]
Zepbound^{TM 4}

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

Using a GLP-I for managing weight.

GLP-Is have extra coverage requirements.

If you choose to use a GLP-I to help manage your weight, you'll need approval from Cigna Healthcare before your medication can be covered.

To be approved, you must:

1. Currently have, or had at the time you started using a GLP-I, a body mass index (BMI) of 32 or higher (or 27 or higher and have two weight-related health issues)⁵ and
2. Have tried following a lower-calorie diet and/or participated in a lifestyle change program for at least 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 it).⁶

Steps for GLP-I coverage.⁷

1. Apply for Omada.

- Go to omadahealth.com/CignaRx.⁸
- Enter the unique access code Omada sent you.⁹
- 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 4 times every 30 days, for as long as you're using a GLP-I 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).

Frequently asked questions about GLP-I coverage.

Q. Which GLP-Is are used for weight management?

A. The FDA has approved Saxenda, Wegovy and Zepbound to help people manage their weight.

Q. What's a "BMI?" How do I know what my BMI is?

A. BMI, or body mass index, is a measure of your body weight relative to your height. For example, if you're 5' 6" tall and weigh 240 lbs., your BMI would be 38.7.¹⁰

Your doctor can tell you what your BMI is. Or you can use an online calculator to find out.

Q. Why do you have to have such a high BMI to be covered?

A. People with a higher BMI have a greater chance of developing serious weight-related health conditions.¹¹ Our goal is to make sure that those who are most at-risk have access to a GLP-I.

Q. My BMI was over 32 when I started using a GLP-I, but it's lower now. Can my medication be covered?

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 it.

When your doctor's office starts the medication coverage review process, be sure they let us know what your starting BMI was.

Q. My BMI is less than 32. What weight-related health issues do I need to have to be covered?

A. Here are some examples:

- 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 health program that helps its members develop better habits so they can reach their health goals and live a healthier life. They 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.

Omada is available as part of your pharmacy benefit at no extra cost to you; however, you must meet certain requirements to participate.

Q. How do I know if I can join Omada?

A. Go to omadahealth.com/CignaRx and answer a few simple health-related questions to find out. You'll be accepted you 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 and enter the unique access code Omada sent you. Can't find your code? Here are two ways to get it:

1. Online.

- Log in to myCigna.com[®] and click on the Prescriptions tab.
- Choose Orders and Balances from the dropdown list.

- Under the Automatic Refills section, click the Manage Auto Refill button.¹²
- Click on the Health Solutions tab. You'll see your access code(s) for the program(s) available to you. Or,

2. By phone. Call the number on your ID card.

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

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

However, if you've already finished the program, you'll need to enroll again using the unique access code sends you. Once you're accepted, 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 myCigna.com and click on the Prescriptions tab.
- Choose Orders and Balances from the dropdown list.
- Under the Automatic Refills section, click the Manage Auto Refill button.¹²
- Click on the Health Solutions tab. You'll see your access code(s) for the program(s) available to you. Or,

2. By phone. Call the number on your ID card.

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

A. Yes. You'll have to meet the new GLP-I coverage requirements.

- You'll have to sign up for Omada.
- Once you're accepted into their program, your doctor's office will have to contact us to start the medication coverage review process.
- Once your medication is approved, you'll have to participate in Omada at least 4 times every 30 days.

Q. My doctor's office started the review process. How do I know if my medication's been approved?

A. We'll send you and your doctor a letter with our decision. In the meantime, you can log in to the myCigna App or **myCigna.com** to see where it is in the review process.

- Click on the Prescriptions tab.
- Choose My Medications from the dropdown list.
- Scroll down the page until you get to the Prior Authorizations section.
- Click the View List button to connect to our Prior Authorization Portal.¹²
- Click on View Details to see where your medication is in the review process. If we've already made a decision, you can read about what comes next and/or see the decision letter we mailed to your home.

Q. If my medication is approved, how long I can use it?

A. That's up to you and your doctor. Your medication will be approved for a certain amount of time, typically 6-12 months.

When your approval period ends, if your doctor wants you to continue using it, your doctor's office will have to contact us to start the medication coverage review process again.

Q. If I stop using my medication, can I still get help managing my weight?

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. Why wasn't my medication approved?

A. There can be several reasons why. For example:

I. You may not have signed up for, or participated in, the Omada program. This is the first thing you need to do.

What you should do next:

- Sign up for Omada. It may take up to 3 days to be accepted. Once you are, ask your doctor's office to contact us to start the medication coverage review process.

- If you're already signed up, 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 requirement⁵ and state that you've tried following a lower-calorie diet and/or participated in a lifestyle change program for at least 3 months.

What you should do next:

- Ask your doctor's office to send us 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's office to contact our 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-1 coverage.

What you should do next: Talk with your doctor about your other treatment options.

Q. Who can I contact if I have more 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 ID card.

Q. I don't want to use a GLP-1 medication. Do I have to join Omada?

A. No. You only have to use Omada if you want a GLP-1 to be covered. However, you should think about signing up for Omada. Their coaches and specialists will give you the tools and resources you need to support your weight loss journey.



1. 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.
2. Prices shown on myCigna are not guaranteed and coverage is subject to your plan terms and conditions. Visit myCigna for more information.
3. This is an injectable specialty medication. Please check your plan materials to see if this type of medication has any special coverage requirements.
4. This is a self-injected GLP-1 medication. Meaning, you inject it into your skin yourself.
5. GLP-1s help lower your BMI. If you're currently using a GLP-1 to manage your weight and are paying for it out-of-pocket (without insurance/coverage), you'll meet this requirement 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 it. When your doctor's office starts the medication coverage review process, be sure they let us know what your starting BMI was.
6. 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.**
7. **You may not be eligible for Omada and/or for GLP-1 coverage.** To be accepted into Omada, you must be at risk for certain health conditions. To be approved for GLP-1 weight management coverage, you must meet BMI requirements, have tried following a lower-calorie diet and/or participated in a lifestyle change program for at least 3 months, and join and participate in Omada's online lifestyle change program. For your GLP-1 to stay covered, you must actively participate in Omada's program.
8. 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.
9. You'll need to enter the unique access code Omada sent you to get started. Can't find your code? Log in to myCigna.com and click on the Prescriptions tab. Then choose Orders and Balances from the dropdown list. 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. Or call the number on your ID card to get it.
10. Centers for Disease Control and Prevention (CDC) website, "Adult BMI Calculator." Content current as of June 26, 2024. cdc.gov/bmi/adult-calculator/index.html.
11. Centers for Disease Control and Prevention (CDC) website, "BMI Frequently Asked Questions." Content current as of June 28, 2024. cdc.gov/bmi/faq/index.html.
12. We'll connect you to the Express Scripts Pharmacy by Evernorth website. Cigna Healthcare, Evernorth and Express Scripts Pharmacy are all part of The Cigna Group. Cigna Healthcare uses the Express Scripts website for certain programs and services.

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

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