

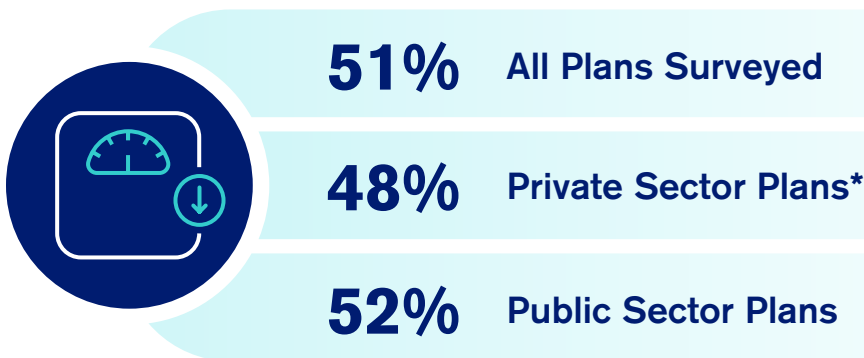
# Survey of How Plans Are Covering GLP-1s: Weight Loss or Diabetes Only



Given the high cost of glucagon-like peptide-1 receptor agonists (GLP-1s) and their rising popularity for weight loss, sponsors of group health plans are interested in how other plans are covering these medications.

This infographic presents the results of a recent client pulse survey.

**Coverage of GLP-1s for weight loss is more common in the public sector than in the private sector.**



\* Includes multiemployer and single-employer plans

Among plans that cover GLP-1s to treat obesity, these are some of the ways coverage is being offered:

- Integrate weight-loss medication coverage with complementary weight-management/nutritional-coaching services, using third-party specialists
- Narrow the eligibility of weight-loss medications to limited pharmacies within the broad pharmacy network
- Limit coverage for participants without comorbidities to higher body mass index levels (e.g., Class II Obesity)
- Create a weight-loss coverage tier with higher plan participant cost sharing (e.g., 25 percent copayment)
- Limit the duration of GLP-1 coverage (e.g., 24 months)
- Dispense the medication only through the plan's on-site clinic pharmacy

## Strategies to prevent off-label abuse

Some plans that limit coverage of GLP-1s to treat diabetes have adopted these strategies to prevent off-label use of the medication:

- Tighter prior authorization, such as checking for biometrics, glucose test strips and continuous monitoring devices
- Rules specifying that coverage will only be provided when certain types of physicians (e.g., endocrinologists, cardiologists) write the prescriptions



**In April, we surveyed more than 160 large group health plan clients. The survey breakdown by market is 66 percent private sector and 34 percent public sector.**

To discuss your plan's coverage strategy for GLP-1s, get in touch with the following subject matter expert:



**Eileen O. Pincay, RPh**  
Senior Vice President and National Pharmacy Practice Leader  
[epincay@segalco.com](mailto:epincay@segalco.com)  
212.251.5279