

Weight Loss Medications
Effective 11/01/2021

Plan	<input type="checkbox"/> MassHealth <input checked="" type="checkbox"/> Commercial/Exchange	Program Type	<input checked="" type="checkbox"/> Prior Authorization <input type="checkbox"/> Quantity Limit <input type="checkbox"/> Step Therapy
Benefit	<input checked="" type="checkbox"/> Pharmacy Benefit <input type="checkbox"/> Medical Benefit (NLX)		
Specialty Limitations	N/A		
Contact Information	Specialty Medications		
	All Plans	Phone: 866-814-5506	Fax: 866-249-6155
	Non-Specialty Medications		
	MassHealth	Phone: 877-433-7643	Fax: 866-255-7569
	Commercial	Phone: 800-294-5979	Fax: 888-836-0730
	Exchange	Phone: 855-582-2022	Fax: 855-245-2134
	Medical Specialty Medications (NLX)		
	All Plans	Phone: 844-345-2803	Fax: 844-851-0882
Exceptions	N/A		

Overview

Alli (orlistat) is for weight loss in overweight adults, 18 years and older, when used along with a reduced-calorie and low-fat diet.

Contrave is a combination of naltrexone, an opioid antagonist, and bupropion, an aminoketone antidepressant, indicated as an adjunct to a reduced-calorie diet and increased physical activity for chronic weight management in adults with an initial body mass index (BMI) of 30 kg/m² or greater (obese) or 27 kg/m² or greater (overweight) in the presence of at least one weight-related comorbidity.

Qsymia is a combination of phentermine, a sympathomimetic amine anorectic, and topiramate extended-release, an antiepileptic drug, indicated as an adjunct to a reduced-calorie diet and increased physical activity for chronic weight management in adults with an initial body mass index (BMI) of 30 kg/m² or greater (obese) or 27 kg/m² or greater (overweight) in the presence of at least one weight-related comorbidity.

Saxenda (liraglutide) is a glucagon-like peptide-1 (GLP-1) receptor agonist indicated as an adjunct to a reduced-calorie diet and increased physical activity for chronic weight management in adult patients with an initial body mass index (BMI) of 30 kg/m² or greater (obese) or 27 kg/m² or greater (overweight) in the presence of at least one weight-related comorbidity.

Wegovy (semaglutide) is a selective glucagon-like peptide-1 (GLP-1) receptor agonist indicated as an adjunct to a reduced-calorie diet and increased physical activity for chronic weight management in adults with an initial BMI of ≥30 kg/m² (obesity), or ≥27 kg/m² (overweight) in the presence of at least one weight-related comorbid condition (eg, hypertension, type 2 diabetes mellitus, dyslipidemia).



Coverage Guidelines

Initial Approval

Authorization may be granted for one of the above listed medications when the following criteria are met:

- BMI greater than 30kg/m² without comorbid conditions or
- BMI greater than 27Kg/m² with comorbid conditions:
 - Coronary heart disease;
 - Type 2 diabetes mellitus;
 - Obstructive sleep apnea;
 - Obesity hypoventilation syndrome;
 - Pseudotumor cerebri;
 - Obesity related cardiomyopathy;
 - Nonalcoholic steatohepatitis (NASH);
 - Presence of 3 or more of the following CV risk factors:
 - Hypertension (SBP>140 or DBP >90 or taking antihypertensive agents);
 - Low HDL cholesterol (<35 mg/dL);
 - Elevated LDL cholesterol (>160 mg/dL);
 - Impaired glucose intolerance (FPG 110 to 125 mg/dL);
 - Family history of premature CHD (MI or sudden death at or before 55 years of age in father or other male first-degree relative, or at or before 65 years of age in mother or other female first degree relative);
 - Age > 45 in men and >55 in women;
- 3 months of active participation in an outpatient weight loss program
- Failure to lose at least 5% of body weight while enrolled in the outpatient weight loss program
- Member will maintain a low-calorie diet while on requested medication
- **For Qsymia only:** Members must have tried and failed separate ingredients topiramate and phentermine taken together.

Continuation of Therapy

Reauthorization may be granted if the following criteria is met:

- Weight loss is $\geq 5\%$ of body weight **OR**
- Weight loss is $< 5\%$ of body weight, but weight loss is being maintained (i.e., not gaining weight)

Approval Duration

Initial and reauthorization approvals may be granted for up 90 days at a time

References

1. Alli (orlistat) [prescribing information]. Moon Township, PA: GlaxoSmithKline, Sep 2014.
2. Contrave (naltrexone/bupropion) [prescribing information]. Morristown, NJ: Currax Pharmaceuticals LLC; March 2021
3. Qsymia (phentermine/topiramate) [prescribing information]. Campbell, CA: VIVUS Inc; October 2020.
4. Saxenda (liraglutide) [prescribing information]. Plainsboro, NJ: Novo Nordisk Inc; December 2020
5. le Roux CW, Astrup A, Fujioka K, et al. 3 years of liraglutide versus placebo for type 2 diabetes risk reduction and weight management in individuals with prediabetes: a randomised, double-blind trial. Lancet 2017; 389:1399



6. Allison DB, Gadde KM, Garvey WT, et al. Controlled-release phentermine/topiramate in severely obese adults: a randomized controlled trial (EQUIP). *Obesity* (Silver Spring) 2012; 20:330
7. Caixàs A, Albert L, Capel I, Rigla M. Naltrexone sustained-release/bupropion sustained-release for the management of obesity: review of the data to date. *Drug Des Devel Ther* 2014; 8:1419
8. National Institute of Health (NIH): National Heart Lung, and Blood Institute: North American Association for the Study of Obesity. The practical guide: identification, evaluation, and treatment of overweight and obesity in adults. NIH, April 2019.
9. Centers for Disease Control and Prevention. Overweight & obesity. Available at: <https://www.cdc.gov/obesity/index.html> (Accessed on March 06, 2020)
10. Abbott to Voluntarily Withdraw Meridia® (Sibutramine) in the U.S. [press release on the internet]. Abbott Laboratories (US). 2010 October 8 [cited 8 Oct 2010]. Available from: http://www.abbott.us/us/url/pressRelease/en_US/60.5:5/Press_Release_0908.htm
11. Wadden TA, Volger S, Sarwer DB, Vetter ML, Tsai AG, Berkowitz RI et al. A Two-year randomized trial of obesity treatment in primary care practice. *NEJM*. 2011;365(21):1969-79.
12. Perreault, Leigh. Obesity in adults: drug therapy. In Basow DX (Ed). UpToDate [database on the internet]. Waltham (MA): UpToDate, 2018. Available at: <http://www.uptodate.com/utd/index.do>
13. Wegovy (semaglutide) [prescribing information]. Plainsboro, NJ: Novo Nordisk Inc; June 2021.

Review History

09/25/2006: Reviewed & Revised
09/24/2007: Reviewed & Revised
09/22/2008: Reviewed
09/21/2009: Reviewed & Revised
09/27/2010: Reviewed & Revised
02/28/2011: Reviewed
02/27/2012: Reviewed
02/25/2013: Reviewed & Revised P&T Mtg
06/03/2013: Updated (Remove Xenical Rx coverage; 04/2013 P&T discussion)
02/24/2014: Reviewed P&T
11/28/2016: Reviewed
11/27/2017: Reviewed P&T
11/26/2018: Updated
07/22/2020: Review and Updated July P&T; removal of Belviq and Belviq XR from criteria due to removal from market. Effective 10/01/20
07/19/2021: Reviewed July P&T; No changes
09/22/2021: Reviewed September P&T; added Wegovy to criteria; references updated. Effective 11/01/2021

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