

Weight Loss Medications
Effective 10/01/2020

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.

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 and bupropion) [prescribing information]. La Jolla, CA: Orexigen Therapeutics Inc; June 2018.
3. Qsymia (phentermine and topiramate) [prescribing information]. Mountain View, CA: VIVUS Inc; March 2018.
4. Saxenda (liraglutide) [prescribing information]. Plainsboro, NJ: Novo Nordisk; October 2018.
5. Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. National Institutes of Health: National Heart, Lung, and Blood Institute (NHLBI): 1998. Available at: http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.pdf.
6. 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, October 2000.



7. American Society for Clinical Nutrition. Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults: executive summary. *Am J Clin Nutr.* 1998; 68:899-917.
8. 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
9. 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.
10. Perreault, Leigh. Obesity in adults: drug therapy. In Basow DX (Ed). UpToDate [database on the internet]. Waltham (MA): UpToDate, 2018. Available at: <http://www.utdol.com/utd/index.do>

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

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