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 30 kg/m² without comorbid conditions or
• BMI greater than 27Kg/m² with comorbid conditions:
  o Coronary heart disease;
  o Type 2 diabetes mellitus;
  o Obstructive sleep apnea;
  o Obesity hypoventilation syndrome;
  o Pseudotumor cerebri;
  o Obesity related cardiomyopathy;
  o Nonalcoholic steatohepatitis (NASH);
  o 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 ≥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.


**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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