



Weight loss GLP-1 medication coverage change

Catholic Health has experienced a meteoric rise in the number of utilizers and associated costs with the coverage for GLP-1 medications prescribed for weight loss. This class of medications are those that you may have heard about that help lower blood sugar levels, and promote weight loss for people with obesity. The brands of GLP-1 medications used for weight loss are **Zepbound, Saxenda and Wegovy**.

This increase has drastically impacted our prescription claims experience, and without any type of intervention, it is estimated that all Catholic Health members would experience a significant increase in their health insurance premiums—regardless of whether an individual currently takes a GLP-1 medication. To mitigate this impact to health insurance premiums, Catholic Health has made the decision to discontinue coverage for new prior authorization approvals for GLP-1 medications specifically prescribed for weight loss effective 8/1/24. For anyone who currently has a prior authorization and is using one of these medications prescribed for weight loss, coverage will be discontinued as of 8/15/24.

GLP-1 medications prescribed for a diabetes diagnosis will continue to be covered.

We understand that weight management is a critical aspect of overall health. If you are currently using GLP-1 medications for weight loss, please refer to the letter you received from OptumRx with more detailed information.

This decision is based on a commitment to providing coverage for treatments with demonstrated clinical efficacy and value, while also managing healthcare costs responsibly. If you have any questions, you can review covered medications under the Catholic Health Plan online at **www.optumrx.com** or call OptumRx customer service at the number on your member ID card.

updated July 17, 2024