

Medications for Weight Loss

What you need to know about insurance coverage for weight loss medications.

The physicians and advanced practice clinicians (APCs) at Austin Regional Clinic (ARC) are aware of the increased attention on new weight loss medications that have come into the market. ARC strives to put our patients first and we want you to be aware of some of the challenges of obtaining these new medications. We are committed to addressing our patients' needs while adhering to FDA guidelines, professional recommendations, and navigating the stringent insurance coverage rules associated with medications for weight loss. In particular, insurance coverage rules have created a lot of confusion around the newer GLP-1RA/GIP medications (i.e. Ozempic, Mounjaro, Trulicity, Victoza, Bydureon and Rybelsus).

INSURANCE AUTHORIZATION

Meeting minimum criteria is necessary

Insurance companies have updated their policies and procedures, affecting the eligibility of who can be prescribed these medications. Recent changes have prompted us to refine our approach as we have experienced an increase in denials for patients who may or may not meet the required symptoms and/or conditions. **Meeting the minimum criteria is necessary to initiate the prior authorization process with your insurance.** Without meeting these criteria, obtaining approval through prior authorization becomes challenging, as most insurance providers mandate adherence with the established FDA guidelines.

TYPE 2 DIABETES DIAGNOSIS IS REQUIRED

It's important to note that medications such as Ozempic, Mounjaro, Trulicity, Victoza, Bydureon, and Rybelsus are only FDA approved for patients with Type 2 Diabetes. To facilitate coverage by your insurance for these medications, a confirmed type 2 diabetes diagnosis is necessary for prior authorization. While some insurance companies will tell patients that these medications are on their formularies (what your insurance allows), they are excluded if you are not a type 2 diabetic. **It is important that you ask your insurance not only whether the medication is on their formulary, but whether they cover weight loss medications.**

ARC has not been successful at getting these medications covered without a confirmed type 2 diabetes diagnosis.

NEWER MEDICATIONS STRICTLY FOR WEIGHT LOSS

Your insurance plan may not cover these medications

At ARC, we understand the importance of weight loss treatment. Some of the new medications – such as Zepbound, Saxenda, and Wegovy – are used for treating weight loss. However, most insurance companies still do not cover weight loss medications.

Unfortunately, if your insurance doesn't cover weight loss medications, then submitting a prior authorization will not be successful. For more information on weight loss options, your physician or APC may refer you to our Healthiness Program. Additional information about our Healthiness Program is available at [ARChealthiness.com](https://www.austinregionalclinic.com/healthiness).

Please be aware that medications such as Ozempic, Mounjaro, and Trulicity are on a national backorder which will affect their availability and make them more difficult to locate.

WE CAN PROCESS YOUR REQUEST

Diabetes diagnosis or insurance confirmation needed

If you have diabetes or you confirm that your insurance covers these specific medications for weight loss, our prior authorization team will gladly process your insurance authorization. We sincerely appreciate your patience as we navigate the prior authorization process, which unfortunately we have limited control over.

Thank you for your continued support and trust in our care we provide to the community.

— Your ARC Healthcare Team