



Weight Loss Drugs (GLP-1) Reference Sheet

GLP-1 medications, also known as glucagon-like peptide-1 receptor agonists (GLP-1Ras), mimic the hormone GLP-1 in the body. This hormone helps control blood glucose levels, insulin production, and feelings of fullness. GLP-1 medications are used to treat type 2 diabetes and assist in weight management.

1. Do any of your plans cover Weight Loss Drugs (GLP-1) if deemed medically necessary? If so, how are they covered?

Our providers adhere to medical practice standards in Mexico which do not approve the use of GLP-1 medications for weight loss purposes. Furthermore, MediExcel Health Plan does not cover these medications for weight loss nor glucose management.

2. Are there any clinical criteria for approval (e.g., BMI level, sustained weight min/max, step therapy such as a weight loss management program)?

Excel Hospital/MediExcel Medical Group Mexicali offers a weight loss program consisting of internal medicine, nutrition, and psychology office visits. However, none of these options involve the use of GLP-1 medications.

3. Are there coverage limits (e.g., 6 months, one year, etc.)?

N/A

4. Is the coverage full or is it 50%?

N/A

5. Do members need to be enrolled in a comprehensive weight loss program before or concurrently with receiving the weight loss drug?

MediExcel Health Plan offers a weight loss program for members, where they may qualify for bariatric surgery after losing 10% of their initial body weight. However, this program does not qualify for, nor does it cover weight loss medications.



6. Do you have any supporting documents, forms, flyers, marketing collateral, links, etc.? If so, please forward them to me.

Please reference our bariatric surgery policy attached.

7. The following GLP-1 medications are of interest. Do any of your plans cover any of the following?

- **Dulaglutide: Brand name Trulicity**
- **Exenatide: Brand names Byetta and Bydureon**
- **Liraglutide: Brand names Victoza and Saxenda**
- **Lixisenatide: Brand Name Adlyxin**
- **Semaglutide: Brand names Ozempic, Wegovy, and Rybelsus**
- **Tirzepatide: Brand names Mounjaro and Zepbound**

Our providers adhere to Mexico's medical practice standards for weight loss; the medications listed above are only approved by COFEPRIS (*primary regulatory authority for health in Mexico*) for glucose management. However, MediExcel Health Plan does not cover these GLP-1 medications for weight loss nor glucose management.

Subject: OBESITY	Policy Number: HBG-09
Title: Treatment of Morbid Obesity	Effective Date: Jun 7 2016

A. FEDERAL/CALIFORNIA MANDATED REGULATIONS

1. California Health and Safety Code § 1342.7 Prescription Drug Benefits:

SECTION 1. Section 1342.7 is added to the Health and Safety Code to read: 1342.7. (a) The Legislature finds that in enacting Sections 1367.215, 1367.25, 1367.45, 1367.51, and 1374.72, it did not intend to limit the department's authority to regulate the provision of **medically necessary prescription** drug benefits by a health care service plan to the extent that the plan provides coverage for those benefits.

B. CALIFORNIA MARKET PLAN ENHANCEMENTS

1. Vertical banded gastroplasty or Roux-en-y-gastric bypass surgery may be covered when medical criteria are met. MediExcel Health Plan will utilize the National Heart Lung and Blood Institute (NHLBI) criteria as a factor for determining the Medical Necessity of requests for surgical treatment for morbid obesity.

C. COVERED BENEFITS

1. Bariatric surgery using one of the procedures identified below (primary, secondary or revisions) as treatment for weight loss is medically necessary when the following criteria are met:
 - a. Ages between 18 and 55 years of age
 - b. Class III obesity, clinically severe (BMI > 40kg/m²) or
 - c. Class II obesity (BMI 35-39.9kg/m²) in presence of one or more of the following comorbidities:
 - 1) Type 2 diabetes
 - 2) Cardiovascular disease (e.g., stroke, myocardial infraction, poorly controlled hypertension, dyslipidemia)
 - 3) History of coronary artery disease with a surgical intervention such as cardiopulmonary bypass or percutaneous transluminal coronary angioplasty
 - 4) Cardiopulmonary problems (e.g., obstructive sleep apnea)
 - 5) History of cardiomyopathy
 - d. The individual must also meet the following criteria:
 - 1) Documentation of motivated attempt of weight loss through a structured diet program, prior to bariatric surgery, which

includes physician or other health care provider notes and/or diet or weight loss logs from a structured weight loss program for a minimum of 6 months

- 2) **Psychological evaluation** to rule out major mental health disorders which would contraindicate surgery and/or undetermined patient compliance with post-operative follow-up care and nutrition guidelines.
 - 3) On fertile women, avoid pregnancy for at least 1 year, previous to surgical procedure.
 - 4) **Previous pulmonary evaluation**, including arterial gasses and polysomnography, as well as renal function evaluation on members with diabetes or hypertensive disorders.
 - 5) **Pre-operative glucose control** with glycated hemoglobin of 7% or less and fasting glucose of 110mg/dL or less
 - 6) **Pre-operative weight loss of at least 10% of body weight** to reduce surgical and time risk.
2. The following bariatric surgical procedures are proven and medically necessary in adults for the treatment of clinically severe obesity as defined by the National Heart Lung and Blood Institute (NHLBI)
 - a. Gastric bypass (Roux-en-Y: gastrojejunal anastomosis)
 - b. Gastric sleeve procedure (also known as laparoscopic vertical gastrectomy or laparoscopic sleeve gastrectomy)
 - c. Vertical banded gastroplasty (gastric banding: gastric stapling)

D. NOT COVERED

1. Bariatric surgery unless member has the benefit coverage and medical criteria is met.
2. Treatment of obesity when criteria are not met.
3. Supplemented fasting (e.g., Optifast) as a general treatment for obesity, except as indicated above
4. Nutritional liquid supplements
5. Weight reduction medications, including diet pills, unless otherwise covered under the supplemental benefit.

E. DEFINITIONS

1. **Morbid Obesity:** Morbid obesity exists in patients that have a Body Mass Index (MBI) ≥ 40 or BMI ≥ 35 with co-morbid conditions. BMI is calculated as weight in kilograms per height in meters squared (kg/m^2).