

# Provider Update

1/22/2026



## Update to Requirements for Weight Loss Drug Coverage

Beginning March 1, 2026, Sutter Health Plan will partner with Vida Health to offer members virtual health and wellness programs at no additional cost to members.\* Vida offers personalized support, live coaching and clinical guidance through an easy-to-use app.

As part of this partnership, Sutter Health Plan is updating the coverage requirements for drugs prescribed for weight loss. **Please note that members' outpatient prescription drug benefits are not changing.** Weight loss drugs continue to be covered for those who qualify.

As stated in our Evidence of Coverage (EOC) documents, Sutter Health Plan may require member participation in a comprehensive weight loss program for weight loss drugs to be covered. Beginning March 1, 2026, members age 18 and over must enroll in a Vida comprehensive weight loss program and meet monthly engagement requirements to qualify for weight loss drug coverage.\*

- Members who initiate weight loss drug therapy on or after March 1, 2026, must enroll and engage in a Vida weight loss program for six months prior to Sutter Health Plan providing weight loss drug coverage.
- To maintain Sutter Health Plan coverage for weight loss drugs, the member must remain enrolled in the Vida program with active monthly engagement for the duration of taking the drug.

These updates ensure that weight loss drug therapy is supported by proven lifestyle and clinical programs that improve safety, effectiveness and long-term success.

### Drugs Subject to the Updated Requirements

The updated coverage requirements to participate in a Vida weight loss program will apply to the following list of drugs, if prescribed for weight loss:

- Wegovy
- Zepbound
- Saxenda
- Contrave
- Xenical

The requirement for participation in a Vida weight loss program does not apply to the above drugs if they are prescribed for a condition other than weight loss.

### Coverage for Continuing Weight Loss Drug Therapy

The updated coverage requirements may be applied differently for certain member situations. For members in the following situations, there is no six-month weight loss program participation requirement prior to Sutter Health Plan providing weight loss drug coverage.

- Members with prior authorization approvals granted prior to March 1, 2026, are not required to enroll and engage in the Vida weight loss program until their current prior authorization approval expires. Once the member's prior authorization approval expires, they must enroll in the Vida weight loss program and meet the active monthly engagement requirements for continued weight loss drug coverage. Benefit coverage requirements and utilization management apply.
- Members seeking coverage for the continuation of weight loss drug therapy on or after March 1, 2026, who have not received weight loss drug coverage from Sutter Health Plan in the past (such as new members or members previously self-paying for weight loss drugs) must enroll in the Vida program and meet the active monthly engagement requirement to receive Sutter Health Plan coverage for weight loss drugs. Benefit coverage requirements and utilization management apply, including limitations when a drug approved by the Food and Drug Administration (FDA) is prescribed for a use that is different than the FDA's approved indication (i.e., "off-label use").

## Member Outreach

Sutter Health Plan will send letters to members who have a current prior authorization for a drug that can be prescribed for weight loss to share these new requirements. In March 2026, Vida will begin sending information to all members about their available programs and how to enroll, including targeted outreach for members with paid pharmacy claim within the 120-day lookback period for a drug that can be prescribed for weight loss.

## Prescribing and Prior Authorization Process

Providers can continue to prescribe weight loss drugs and participate in the prior authorization process as usual.

We encourage providers to share information about the upcoming Vida weight loss program enrollment requirements with members when prescribing or renewing prescriptions for weight loss drugs. Members age 18 and over can enroll in a Vida weight loss program at any time, at no additional cost.\* We encourage members to enroll in a timely manner when seeking to initiate or continue coverage for weight loss drug therapy, to avoid unnecessary delays in receiving coverage.

To learn more, members can:

- Visit [vida.com/sutterhealthplan](https://vida.com/sutterhealthplan)
- Contact Vida Member Support at 833-732-2242

Beginning March 1, 2026, members will also be informed of the Vida weight loss program enrollment requirement during the prior authorization process and/or at point-of-sale when filling prescriptions for drugs prescribed for weight loss.

## Additional Information

Additional information on Vida programs and how to enroll is available at [vida.com/sutterhealthplan](https://vida.com/sutterhealthplan) or by contacting Vida Member Support at 833-732-2242.

If you have questions about the information in this update, please call Sutter Health Plan Customer Service at 855-315-5800 (TTY 855-830-3500). Customer Service is available 8 a.m. to 7 p.m., Monday through Friday.

\*Some exclusions and limitations apply.