

## Starting Oct. 1, 2023, we'll change prior authorization criteria for some weight loss drugs

Starting Oct. 1, 2023, Blue Cross Blue Shield of Michigan and Blue Care Network will change the prior authorization approval criteria for our commercial PPO and HMO plans for the following weight loss drugs.

- Contrave®
- Generic amphetamine sulfate (Evekeo®)
- Qsymia®
- Saxenda®
- Wegovy®
- Xenical®

Starting in October, members will be required to make lifestyle modifications for at least six months before they're approved for weight loss drug therapy. Examples of lifestyle interventions include active participation in weight loss programs, such as Noom® and WeightWatchers® or active participation in other lifestyle modifications, such as diet and exercise, under the supervision of their provider.

Providers must attest that the member has provided proof of participation in lifestyle interventions for at least six months for initial prior authorization approval. Providers will also be required to submit the member's current weight (measured within 30 days) and attest that the member is not underweight to renew the prior authorization so the member can continue therapy.

Providers should regularly monitor patients who begin therapy on weight loss drugs to ensure that they continue to engage in appropriate lifestyle interventions in addition to weight loss drug therapy.

For a list of prior authorization and renewal requirements for pharmacy benefit drugs, refer to our prior authorization and step therapy documents at [bcbsm.com/rxinfo](https://bcbsm.com/rxinfo).

**Note:** All prior authorization criteria effective before Oct. 1, 2023, will still apply for weight loss drugs in addition to the new prior authorization criteria described above.

For more information, see the alert, [Starting Sept. 1, 2023, we'll change prior authorization requirements for some weight loss drugs](#), posted July 10, 2023.