Include complete clinical information when submitting prior authorization requests for weight loss drugs

Blue Cross Blue Shield of Michigan and Blue Care Network are seeing an increase in outdated and inaccurate information being submitted for the authorization of weight loss drugs. These inaccuracies have led to delays in therapy access for members.

When submitting prior authorization requests for weight loss drugs, be prepared to provide the member's weight **within the past 30 days** and closely review criteria for participating in **lifestyle modifications for at least six months**.

Providing accurate, complete information with the initial prior authorization request ensures a comprehensive review and a timely coverage determination.

Below are key points for Blue Cross PPO and BCN HMO commercial plans weight loss policy criteria.
- Weight loss drugs include Contrave®, generic amphetamine sulfate (Evekeo®), Qsymia®, Saxenda®, Wegovy®, Xenical®, Zepbound®.
- Providers must attest member has participated in lifestyle modifications for at least six months. 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 submit the member's current weight (measured within 30 days).

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.

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