

Explanation of lifestyle modification for weight loss drugs

The criterion listed in this alert must be met for Blue Cross Blue Shield of Michigan and Blue Care Network commercial members requesting prior authorization for the following weight loss drugs:

- Amphetamine sulfate (Evekeo®)
- Contrave®
- Saxenda®
- Wegovy®
- Orlistat (Xenical)®
- Qsymia®
- Zepbound®

Members are required to have active participation for a minimum of six months in a covered Blue Cross or BCN lifestyle modification program **or** active participation for a minimum of six months in an alternative concurrent lifestyle modification program (for example, recent food diaries, exercise logs, program receipts, app participation, etc.) if the member doesn't have access to a covered Blue Cross or BCN program. This was effective Oct. 1, 2023. Additional coverage criteria apply.

For a complete list of coverage criteria, refer to our Prior Authorization and Step Therapy Guidelines available at bcbsm.com/rxinfo.

What lifestyle modification programs are covered by Blue Cross and BCN for eligible members?

- Teladoc Health® (formerly Livongo®) Condition Management Solutions – Diabetes Prevention and Weight Management
- Omada Health® Diabetes Prevention Program
- Twin Health® Diabetes Reversal Program

For additional information on these programs, visit ereferrals.bcbsm.com/docs/common/common-cm-um-diabetes.pdf.

Health care providers must verify member eligibility and benefits to determine whether the member is eligible to participate in one of the covered programs listed above.

What are examples of qualifying lifestyle modification modalities or programs the provider may attest to, if the member doesn't have access to a covered Blue Cross or BCN lifestyle modification program?

Examples of lifestyle modification modalities and programs, include, but are not limited to:

- Recent food diaries reviewed by the member's provider.
- Recent exercise logs documenting physical activity reviewed by the member's provider.
- External weight loss program participation with receipts reviewed by the member's provider for proof of member participation.

Providers aren't required to submit evidentiary documentation to support the requirement of member active participation in a minimum of six months of lifestyle modification. However, they'll need to attest to reviewing such evidentiary documentation provided by the member when submitting the prior authorization for weight loss drug coverage.

Not all members have weight loss drugs covered under their pharmacy benefit. Providers should verify member eligibility and benefits before prescribing weight loss drugs.

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Omada Health, Teladoc Health and Twin Health are independent companies that provide select care management and support services for Blue Cross Blue Shield of Michigan and Blue Care Network.