

# GLP-1 Receptor Agonist for Weight Management Criteria

Revised: 11/01/2024

## GLP-1 RECEPTOR AGONIST FOR WEIGHT MANAGEMENT (INJ)

<b>Length of Authorization:</b> Initial – 6 months
Renewal – 6 months

## CHILDREN – CRITERIA TO APPROVE (WEGOVY)

**All** the below must be met:

- Age 12 to < 18
- **Attestation** of a regimen of increased physical activity unless medically contraindicated by co-morbidity
- Nutritional Counseling Requirement: **Attestation** of at least one 30 minute (or two 15-minute encounters) of dietician and/or qualified healthcare provider visits for nutritional counseling over the previous six months
- **Chart notes documenting one** of the following:
  - Class 1 Obesity as defined as **all** of the following:
    - BMI is  $\geq 30 \text{ kg/m}^2$  or the 95th percentile for age and sex
    - Body weight is > 60 kg
    - Two or more clinically significant comorbid conditions, not limited to Type 2 diabetes mellitus (DM), idiopathic intracranial hypertension (IIH), non-alcoholic steatohepatitis (NASH), Blount disease, slipped capital femoral epiphysis (SCFE), gastroesophageal reflux disease (GERD), obstruction sleep apnea (AHI > 5), cardiovascular disease risks (HTN, hyperlipidemia, insulin resistance), depressed health-related quality of life
  - Class 2 Obesity as defined as **all** of the following:
    - BMI is  $\geq 35 \text{ kg/m}^2$  or the 120% of the 95th percentile for age and sex
    - Body weight is > 60 kg
    - **One** or more clinically significant comorbid conditions, not limited to Type 2 diabetes mellitus (DM), idiopathic intracranial hypertension (IIH), non-alcoholic steatohepatitis (NASH), Blount disease, slipped capital femoral epiphysis (SCFE), gastroesophageal reflux disease (GERD), obstruction sleep apnea (AHI > 5), cardiovascular disease risks (HTN, hyperlipidemia, insulin resistance), depressed health-related quality of life
  - Class 3 Obesity as defined as **all** of the following:
    - BMI is  $\geq 40 \text{ kg/m}^2$  or the 140% of the 95th percentile for age and sex
    - Body weight is > 60 kg
    - Comorbid conditions are not required but are commonly present
- No contraindications (disease states or current therapy) should exist unless prescriber documents that benefits outweighs risks (see Table 2)
- **Chart notes documenting weight, height, and BMI (within the previous 3 months)**

## ADULTS – CRITERIA TO APPROVE (WEGOVY)

All the below must be met:

- Age  $\geq$  18 years
- **Attestation** of a regimen of increased physical activity unless medically contraindicated by co-morbidity
- Nutritional Counseling/Diet Modification Requirement including **all** of the following:
  - **Attestation** of at least three 30 minute of dietician and/or qualified healthcare provider visits for nutritional counseling over the previous six months
  - Documented failure of at least a three month trial on a low calorie diet (1,200 kcal/day for women and 1,600kcal/day for men)
- Chart notes documenting **one** of the following:
  - Class 1 Obesity as defined as **all** of the following:
    - BMI is  $\geq$  30 kg/m<sup>2</sup>
    - At least **one** very high-risk factor (see Table 1) **or two** or more other risk factors (see Table 1)
  - Class 2 Obesity as defined as **all** of the following:
    - BMI is  $\geq$  35 kg/m<sup>2</sup>
    - At least **one** risk factor from Table 1
  - Class 3 Obesity as defined as **all** of the following:
    - BMI is  $\geq$  40 kg/m<sup>2</sup>
    - Comorbid conditions are not required but are commonly present
- No contraindications (disease states or current therapy) should exist unless prescriber documents that benefits outweighs risks (see Table 2)
- **Chart notes documenting weight, height, and BMI (within the previous 3 months)**

## CHILDREN – RENEWAL CRITERIA (6 MONTHS)

All of the following criteria must be met:

- **One** of the following:
  - Patients  $\geq$  16 years of age: chart notes documenting 5% weight reduction from baseline has been achieved (current weight required)
  - Patients 12–16 years of age: chart notes documenting 3% weight reduction from baseline has been achieved (current weight required)
- Ongoing prescriber **attestation** of:
  - Nutritional counseling
  - Adherence to a low-calorie diet
  - A regimen of increased physical activity (unless medically contraindicated by co-morbidity) during anti-obesity therapy
- No contraindications (disease state or current therapy) should exist, unless prescriber documents that benefits outweigh risks (see Table 2)
- If there is a lapse in therapy, approvals may be considered if initial criteria are met

## ADULTS – RENEWAL CRITERIA (6 MONTHS)

All of the following criteria must be met:

- Chart notes documenting 5% weight reduction from baseline has been achieved (current weight required)
- Ongoing prescriber **attestation** of:
  - Nutritional counseling
  - Adherence to a low-calorie diet (1,200 kcal/day for women or 1,600 kcal/day for men)
  - A regimen of increased physical activity (unless medically contraindicated by co-morbidity) during anti-obesity therapy
- No contraindications (disease state or current therapy) should exist, unless prescriber documents that benefits outweigh risks (see Table 2)
- If there is a lapse in therapy, approvals may be considered if initial criteria are met

## IF THERE IS A LAPSE IN THERAPY, APPROVALS MAY BE CONSIDERED IF INITIAL CRITERIA ARE MET OTHER PRODUCTS

### Saxenda (liraglutide)

- Same criteria as above.
- Must also have a trial or failure of preferred product (Wegovy) or rationale as to why the preferred products cannot be used.

## APPENDIX

Table 1: Risk Factors

### Very High Risk

- Type 2 diabetes
- Established coronary heart disease
- Other atherosclerotic disease
- Sleep apnea

### Other Risk Factors

- Hypertension
- Dyslipidemia
- Impaired fasting glucose concentration **or** elevated HbA1C  $\geq 5.7\%$
- Cigarette smoking
- Family history of premature heart disease
- Age (men > 45 years, women > 55 years or postmenopausal)
- Gynecological abnormalities
- Osteoarthritis
- Gallstones
- Stress incontinence

**Table 2: Contraindications/Precautions/Drug Interactions**

**Contraindications**

- Personal or family history of medullary thyroid carcinoma
- Multiple Endocrine Neoplasia syndrome type 2

**Precautions**

- Suicidal behavior and ideation
- Acute pancreatitis
- Acute gallbladder disease
- Renal impairment
- Pregnancy

**Drug Interactions**

- GLP-1 receptor agonist
- Insulins

## REVISION HISTORY

Date	Issues/Updates
11/01/2024	<ul style="list-style-type: none"><li>Initial draft creation</li></ul>