

What Is Semaglutide?

Obesity vs Diabetes



ONCE-WEEKLY
wegovy[®]
semaglutide injection 2.4 mg

- Weekly injection indicated for treatment of **obesity/overweight with co-morbidity**
- Comes in 5 dosages: 0.25 mg, 0.5 mg, 1 mg, 1.7 mg, and 2.4 mg
- Each box contains 4 pre-filled, auto injectable pens that are to be **disposed of after use**
- Insurance coverage on medication is at the discretion of your **employer**, not the insurance provider
- This medication is **NOT covered** by Medicare or Illinois Medicaid at this time

OZEMPIC[®]
semaglutide injection 0.5mg, 1mg, 2mg

- Weekly injection indicated for treatment of **Type 2 Diabetes Mellitus**
- Comes in 4 dosages: 0.25 mg, 0.5 mg, 1 mg, and 2 mg
- Each box contains 1 pre-filled pen with needles. Single pen will last at minimum 1 month.
- Insurance coverage on medication **requires Type 2 Diabetes Mellitus** and may require trial of other medications
- This medication may be covered by Medicare and IL Medicaid for **diabetic** patients pending prior authorization

*Note: Your insurance may tell you that this medication IS covered, but it is often left out that it is covered ONLY for individuals with Type 2 Diabetes Mellitus**

What Is Liraglutide?

Obesity vs Diabetes



Saxenda[®]
liraglutide injection **3mg**

- Daily injection indicated for treatment of **obesity/overweight with co-morbidity**
- Comes in 5 dosages: 0.6 mg, 1.2 mg, 1.8 mg, 2.4 mg, and 3 mg
- Prescribed quantity either 1, 3, or 5-pen per box
- Insurance coverage on medication is at the discretion of your **employer**, not the insurance provider
- This medication is **NOT covered** by Medicare or Illinois Medicaid at this time

VICTOZA[®]
liraglutide injection 1.2mg|1.8mg

- Daily injection indicated for treatment of **Type 2 Diabetes Mellitus**
- Comes in 3 dosages: 0.6 mg, 1.2 mg, 1.8 mg.
- Prescribed quantity either 2 or 3-pen per box
- Insurance coverage on medication **requires Type 2 Diabetes Mellitus** and may require trial of other medications
- This medication may be covered by Medicare and IL Medicaid for **diabetic** patients pending prior authorization if necessary

*Note: Your insurance may tell you that this medication IS covered, but it is often left out that it is covered ONLY for individuals with Type 2 Diabetes Mellitus**



GLP-1 Agonist Program

What is a GLP-1?

A GLP-1 agonist, or glucagon-like peptide 1 agonist, is a hormone produced by our bodies that is released in the bloodstream when food starts to be digested in the stomach.

How does a GLP-1 Agonist promote weight loss?

- It slows down the passage of food from the stomach to the intestines, providing a longer duration of fullness
- It reduces appetite which decreases caloric intake
- It helps regulate hormones that control to use of sugar in the blood stream
- It works in the brain to reduce cravings

How much weight can be lost on a GLP-1 Agonist?

Weight loss on these medications are dependent on several factors including the medication prescribed, lifestyle changes, and body composition

- Studies have shown that **Wegovy** results in an average weight reduction of >15% total body weight.
- Studies have shown that **Saxenda** results in an average weight reduction of >5% total body weight.

Qualifications for Treatment

Wegovy (Semaglutide) & Saxenda (Liraglutide)

- BMI of 30
- or -
- BMI of 27 and a co-morbid condition (pre-diabetes, high cholesterol, high blood pressure, etc.)

Ozempic, Mounjaro, Trulicity, Victoza

- Type 2 Diabetes

Potential Side Effects

The most common side effect is nausea, but resolves in most patients after 1 month. In order to avoid nausea, do not take medication directly after eating a large meal, do not eat about 2 hours prior to bed, and eat meals slowly.

Other side effects include: diarrhea, constipation, irritation at injection site, fatigue, and headache

This medication will NOT lower your blood sugar if you DO NOT have Type 2 Diabetes Mellitus

Duration of Treatment

Treatment with a GLP-1 agonist should be taken as a long-term medication for best sustained results. It is advised to maintain goal weight at least 6 months prior to stopping medication

Follow-ups are scheduled 1 month after start of medication, then every 3 months thereafter for refills

Contraindications

Individuals with the following should not take this medication:

- Anyone with a known personal history or family history of medullary thyroid cancer or multiple endocrine neoplasia
- History of pancreatitis
- History of disorders that cause slowing of GI tract



GLP-1 Agonist Program

Dosing and Administration

Wegovy (Semaglutide)

Wegovy is a weekly injection for weight loss
It should be stored in a refrigerator

Month 1: Starting dose 0.25 mg weekly

Month 2: Increase dose to 0.5 mg weekly

Month 3: Increase dose to 1 mg weekly

Month 4: Increase dose to 1.7 mg weekly

Month 5: Increase dose to 2.4 mg weekly

Saxenda (Liraglutide)

Saxenda is a daily injection for weight loss
It should be stored in a refrigerator

Week 1: Starting dose 0.6 mg daily

Week 2: Increase dose to 1.2 mg daily

Week 3: Increase dose to 1.8 mg daily

Week 4: Increase dose to 2.4 mg daily

Week 5: Increase dose to 3 mg daily

Coverage and Pricing

Most insurance will require a Prior Authorization for this medication. Coverage for anti-obesity medication is determined by your EMPLOYER - not the insurance company. Please contact your insurance to identify coverage information. The following are helpful questions to ask your insurance:

- Are weight loss medications covered by my plan?
- Is a prior authorization required for this medication?
- Are there other weight loss medications I must try before this medication is covered?
- What is the co-pay for the medication?

Out of pocket cost for Wegovy is over \$1000 per month. Novo Nordisk provides discount cards to those who qualify for up to \$500 off if your commercial insurance will not cover the medication. If your insurance will cover the medication, you may receive a co-pay card of up to \$225 off your co-pay. These cards can be accessed by creating an account with Novo at <https://www.wegovy.com/coverage-and-savings/save-on-wegovy.html>

*Prior authorizations can take up to several weeks and does not guarantee approval of medication. You may have to fail other medications prior to getting approval for GLP-1 treatment. If weight loss medication is not covered on your plan, you may want to reach out to your HR Benefits Specialist and request to opt into weight loss medications.