

GLP-1 Medications for Weight Loss: Provider Information and Talking Points



MVP Health Care® reviews weight loss medication requests based on applicable policy criteria and documented engagement in a qualifying lifestyle medicine program. Use this guide to support Member conversations and submit complete prior authorization documentation.

Review the MVP Medical Policy for Weight Loss Medications at mvphealthcare.com/Policies.

Plans That May Include GLP-1 Medications for Weight Loss Coverage

GLP-1 medications used for weight loss may be considered for coverage when the Member's plan includes the benefit and the request meets policy criteria.

Plans	Coverage Status
• New York State Commercial plans, including Large Group, Small Group, Individual, and Essential Plan • Self-Funded (ASO) groups when MVP manages the pharmacy benefit and the group does not exclude weight loss medication coverage	• Coverage varies by plan • Must meet all applicable criteria Providers should confirm the Member's benefit and formulary requirements before submitting a request.
• Vermont Commercial plans, including Large Group, Small Group, and Individual • Child Health Plus	GLP-1 medications are not covered when used only for weight loss.
• Medicare Advantage and DualAccess plans	GLP-1 medications used only for weight management are not covered through MVP benefits. Eligible Medicare Part D Members may access certain GLP-1 weight-management medications through the CMS Medicare GLP-1 Bridge Program, which is managed by CMS.
• Medicaid Managed Care and HARP	Prescription drug coverage is managed through NYRx, the Medicaid Pharmacy Program. To learn more, visit the <i>Medicaid Pharmacy Program (NYRx)</i>.



Documentation Checklist

New Start Requests

Chart notes should include:

- BMI of 40 or greater, with current height and weight
- Lifestyle changes tried for at least 6 months before the request

Active participation for at least 6 months in a qualifying Plan-Approved Weight Loss Program, with proof of enrollment, attendance, visit frequency, or other participation when available.

Any missing documentation may delay review.

What Counts as a Plan-Approved Weight Loss Program?

A qualifying program must show active, verifiable participation and include all of the following:

- Nutrition management
- Physical activity
- Behavior modification
- Counseling, coaching, or structured support

Programs may be offered in person, online, or virtually if they meet these requirements.

Programs That Do Not Qualify

- Calorie counting or step tracking alone
- Exercise-only programs
- Programs that do not include all required components
- Programs without verifiable participation

Continuation Requests

For previously approved Members, documentation must show:

- BMI of 25 or greater
- At least 5% initial body weight loss
- Ongoing compliance with maintenance-dose requirements
- Continued participation in qualifying lifestyle medicine supports, when required by policy

Other Medically Accepted Indications

When prescribed for another medically accepted indication, such as cardiovascular risk reduction or sleep apnea, the request is reviewed using indication-specific criteria.



Talking Points for Member Conversations

To help Members understand the approval process, consider sharing:

- MVP reviews weight loss medication requests using the current medical policy. You can find the full criteria at mvphealthcare.com/Policies.
- Your Provider must send chart notes with your current BMI, height, and weight. The notes should also show that you tried lifestyle changes and took part in a qualifying weight loss program for at least 6 months
- If another health plan covered this medication for you before, MVP will still review your request as a new request using the current medical policy criteria
- If your medication is being used for another approved medical condition, MVP will review it using the criteria for that condition



Provider Reminders

Confirm documentation clearly supports the applicable criteria before submission:

- Include details about the Member's individualized weight loss plan and ongoing engagement
- Document physical activity with type, duration, intensity, and frequency when activity occurs outside structured visits
- Appeals, peer-to-peer reviews, and reconsiderations are evaluated using the criteria in effect at the time of review