

EncircleRx Weight Loss: New weight management program

Onsite Clinic and Prescriber FAQ

Frequently asked questions

To further support patients' health and well-being, we're offering EncircleRxSM – a new weight-management program that includes coverage for select prescription weight-management medications.

What medications are included?

Wegovy[®], Zepbound[™] and Saxenda^{®1} are medications approved by the U.S. Food and Drug Administration (FDA) for weight management. These medications, along with healthier behaviors, including a reduced-calorie diet and increased physical activity, help address chronic weight-management issues.

What are the coverage requirements for a weight-loss medication?

For a medication to be covered, your patient must:

1. Join and participate in an Evernorth-partnered lifestyle modification program, which is available at no extra cost to the patient (your patient can log in at express-scripts.com/healthsolutions and click the Health Solutions tab to find instructions to sign up); and
2. Have a body mass index (BMI) of 32 or higher – **or** a BMI of 27 or higher, *along with* two weight-related health issues.²

NOTE: Prior authorization cannot be completed prior to lifestyle modification program enrollment.

What weight-related health issues are included in the requirements for coverage of a weight-loss medication?

- If your patient's BMI is 32 or higher, they may qualify for coverage in EncircleRx.
- If your patient's BMI is 27 to 31 **and** they have two weight-related issues, such as those listed below, they may qualify for coverage in EncircleRx.
 - Knee osteoarthritis
 - Asthma
 - Chronic obstructive pulmonary disease
 - Cardiovascular disease
 - High blood pressure
 - High cholesterol
 - Non-alcoholic fatty liver disease
 - Obstructive sleep apnea
 - Polycystic ovarian syndrome
 - Type 2 diabetes

- * Patient will also need to enroll in an EncircleRx lifestyle modification program.
- * If your patient is already taking this medication, the baseline BMI measurement at the time of initial coverage review will be considered the patient's BMI for coverage.

You've prescribed your patient a weight-loss prescription, but they were unable to fill the medication. What is going on?

Being able to receive a prescription for a weight-loss medication is dependent on two things: active enrollment and/or engagement with a lifestyle modification program and an active prior authorization. If your patient is not enrolled in a lifestyle modification program, directions for enrollment will be sent to them shortly after the pharmacy first receives the prescription. If your patient is enrolled, it is important that they maintain active participation with the lifestyle modification program.

If the patient is currently enrolled and engaged with a lifestyle modification program, the prescription may require either a new or renewed coverage review. It is important to note that the steps must be performed in order: first is lifestyle modification program enrollment, then prior authorization. Prior authorization cannot be completed prior to lifestyle modification program enrollment.

What's a lifestyle modification program?

A lifestyle modification program is a virtual chronic care provider that is partnered with Evernorth. They are experts in weight loss and obesity disease management, allowing your patient to work closely with a health coach. They offer support and virtual programs that give your patient the tools and resources to get healthy and help manage weight, lower blood pressure and/or control diabetes. A lifestyle modification program will help your patient build healthy routines around what they like to do and where they need the most support. Your patient will work with a virtual care team who will help them reach their goals through one-on-one health coaching, specialist support and smart devices – at no extra cost to the patient. Patients can join a lifestyle modification program if they meet certain eligibility requirements and are prescribed a medication for weight loss.

How does your patient get started with a lifestyle modification program?

Based on your patient's medication or medical history, one of our lifestyle modification program partners may have already reached out to your patient via email or mail with instructions.

Alternatively, your patient can log in at express-scripts.com/healthsolutions. Once logged in, please select the Health Solutions tab at the top. Here the patient will find information on the lifestyle modification program(s) available to them as well as their access code and enrollment link.

If the patient has trouble enrolling, they should reach out to their lifestyle modification program support team.

Prior to receiving a prescription for a weight-loss medication, the patient was already enrolled in a lifestyle modification program. Do they have to start over or re-enroll?

No, the patient does not need to re-enroll in the lifestyle modification program if it's with the same partner. If they are already enjoying the benefits of their lifestyle modification program, they will need to maintain active engagement. More information on active engagement requirements below.

What does “active engagement” mean?

Active engagement is defined as four weigh-ins and four app engagements per month. App engagements are not restrictive or specifically defined because everyone's journey is unique and different. An engagement can be a completed lesson, a conversation with the patient's health coach, meal tracking, adding to a peer group conversation, completing an exercise goal or many of the other activities offered by the lifestyle modification program partner. A weigh-in simply requires stepping on the scale and allowing it to record the patient's weight for the day.

Once your patient is enrolled in their lifestyle modification program, what happens next?

The patient's coach will reach out to introduce themselves, and they will receive their scale and any additional equipment necessary based on the initial enrollment responses. For the first 30 days, simply enrolling is enough to meet the engagement requirements while the patient waits for their equipment.

You will need to submit a prior authorization for your patient after they meet the prerequisites as mentioned earlier in this FAQ (BMI requirements and enrollment in an Evernorth-contracted lifestyle management program). You may also help initiate this process by visiting the EviCore by Evernorth® portal at evicore.com or by calling Express Scripts at 800.417.1764 to arrange for a review. If you are unable to provide the required documentation, the patient's prescription may be denied. If this occurs, the full cost of the medication would fall to your patient.

Once both requirements are met, the patient's medication will be available to be filled at the pharmacy. Note: Prior authorization cannot be completed prior to lifestyle modification program enrollment.

Your patient was already on weight-loss medication therapy. What does this all mean for them?

If your patient is already on a weight-loss medication, they will be required to enroll in a lifestyle modification program, and their coverage review will be re-evaluated based on the updated criteria. The patient's access code and enrollment directions will be provided to your patient and are available on the Health Solutions portal at express-scripts.com/healthsolutions.

If your patient is approved, are there limits to how long they can be on the weight-loss medication? If they stop their weight-loss medication, what support is provided?

No, currently there are no limits to how long the patient can be on their weight-loss medication. If the medication is discontinued for any reason, the patient can still participate in the lifestyle modification program. Our partners can provide the patient with the tools and education to make this transition a successful one and can continue to provide reinforcement and coaching — there is no need to stop using the lifestyle modification program even if the patient is no longer taking the weight-loss medication.

1. Plan design coverage may apply
2. Centers for Disease Control and Prevention (CDC) website, "Adult BMI Calculator." Last reviewed: September 2, 2022. cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html. Cigna Healthcare does not endorse or guarantee the accuracy of any third-party content and is not responsible for it. You agree to use third-party content at your own risk.