



Trends in GLP-1 Spend and Use: Delaware Commercial, Fully- Insured Market 2020 to 2023

Overview of GLP-1s

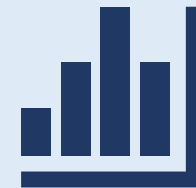


Spending on prescription drugs continues to rise, and new drugs to fight obesity are an important contributor.

- GLP-1s are primarily used to manage type 2 diabetes and obesity
- GLP-1s help lower blood sugar levels, lower risk of cardiovascular events, and can promote weight loss
- GLP-1s drove nearly half of the total increase in prescription drug spending nationally in 2024.

This study analyzed* GLP-1 use and the associated costs among the state's commercial fully-insured residents.

Background on Data Collection



The Office annually collects information on pharmacy spending, utilization and rebates, pursuant to SB 116 and 18 Del.C. § 334, from CVS Caremark, Express Scripts, and Optum Rx, the state's three largest pharmacy benefit managers (PBMs).

Key Takeaways from Delaware

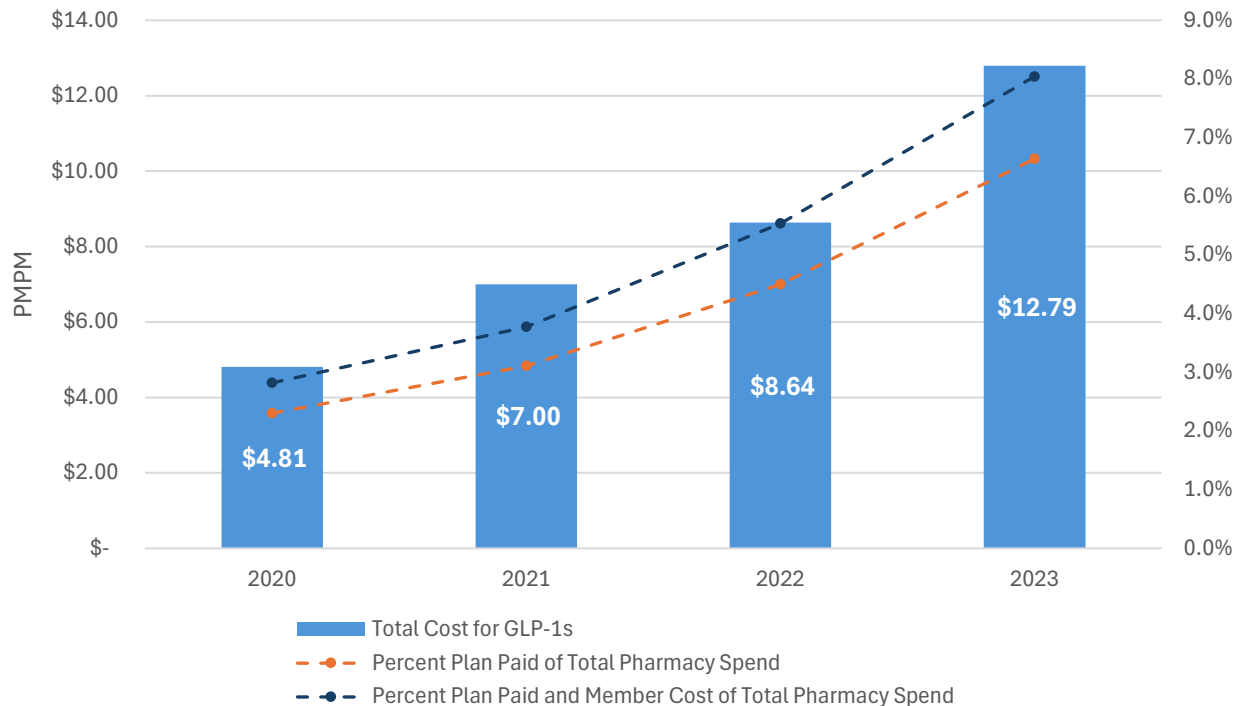


- **Use** of GLP-1s more than doubled from 2020 to 2023.
- The **cost** per prescription was nearly **flat**, net of rebates.
- Due to the higher **utilization**, per member, per month spending on GLP-1s more than doubled.
- Still, the total spent on all GLP-1s was approximately 6% of total pharmacy spend.

Spending on GLP-1s is increasing



Spending on GLP-1s has more than doubled since 2020; it's still about 6% of total pharmacy spend.



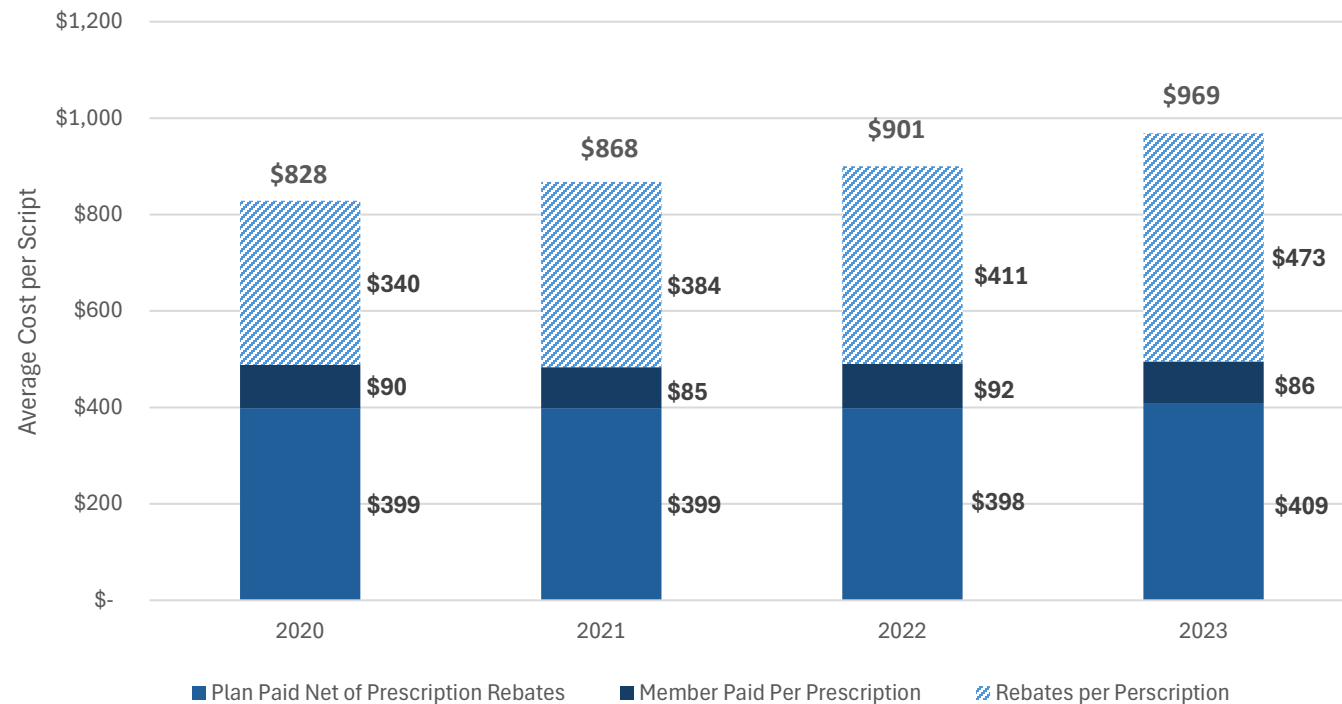
Key Takeaways:

- GLP-1 per-member per-month spending increased 137% from **\$5 PMPM** in 2020 to **\$13 PMPM** 2023.
- **GLP-1 plan payments net of rebates increased by 131%** from 2020 to 2023.
- These **increases were caused by higher utilization**, not increases in the cost of each script.
- **GLP-1s** - net of rebates and member cost share - **accounted for just over 6% of total PBM spend in 2023.**

After rebates, costs per GLP-1 prescription increased only slightly



Rebates increased 39% from 2020 to 2023, moderating the cost increases for GLP-1s.



Key Takeaways:

- Before rebates, the cost of a **GLP-1 prescription increased** to an average of \$952 in 2023, up 17% (or \$828) from 2020. However, rebates also increased, resulting in **a modest 1.5%** increase across all years, net of rebates.
- **Members paid an average 22% (or \$86) of the total cost per script, net of rebates.**

Discussion



Would the SEBC support the OVBHCD collecting and analyzing data on its pharmacy trends?

Aligned data collection would:

- Provide a fuller picture of pharmacy spending and utilization trends across Delaware to support contracting and benefit design decisions
- Allow for comparisons of rebates, cost per script and utilization
- Offer state leaders a shared information base to inform policy considerations and responses to stakeholder concerns