

# The State of Delaware

## Weight Management Strategy

Health Policy & Planning Subcommittee Meeting

August 14, 2023

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# Weight management strategies

## Recap of recent discussions with SEBC/Subcommittees

- March 6, 2023: SEBC voted to add coverage of weight loss medications with utilization management effective July 1, 2023
- March 13, 2023: WTW provided an overview of weight management strategies to the Health Policy & Planning Subcommittee
- July 24, 2023: Director's Report to the SEBC included the following updates:
  - Confirmation that weight loss medications have been added to the prescription drug plan formulary as of 7/1/23 and are subject to utilization management
  - It has been brought to the SBO's attention that the GHIP excludes coverage of medical care for weight loss, unless co-morbid conditions are present
    - Creates a coverage gap for plan participants who are seeking to fulfill the utilization management criteria necessary to obtain weight loss medications under the prescription drug plan
    - Work is in progress with the TPAs to estimate the additional medical plan cost expected from removing this coverage exclusion, which will be reported to the SEBC/Subcommittees for further consideration
  - Further discussions will be conducted with the Health Policy & Planning Subcommittee about weight management strategies to ensure a holistic approach is in place for the GHIP

# Weight loss medications

## Utilization update and medical plan coverage of related care

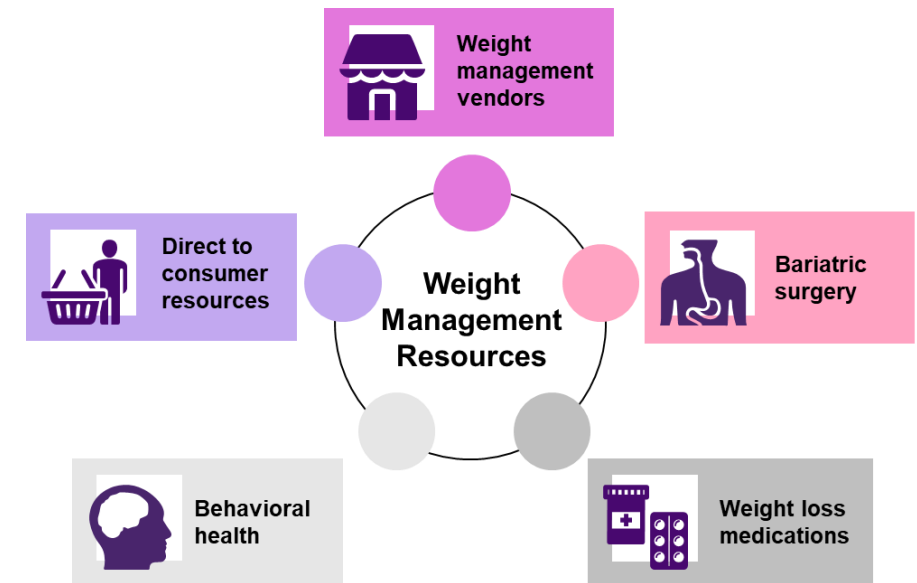
- July 2023 utilization<sup>1</sup>: 273 claims for total net plan cost of \$327,977
  - CVS will be providing ongoing reporting on utilization, including approvals/denials
- Per CVS, utilization management criteria aligns with the FDA label for each medication and current clinical guidelines for standard of care and evidence-based clinical literature for weight loss
  - Some variability in the criteria based on age of the patient but generally includes requirements for participation in a comprehensive weight management program and continued adherence to a reduced calorie diet and exercise
- Currently, the medical plan excludes coverage of medical care for weight loss, unless co-morbid conditions are present
  - Removing this exclusion will allow these services to be covered for plan participants seeking to fulfill the criteria necessary to obtain weight loss medications
  - This will add cost to the plan for provider visits for weight management consultations; cost estimates are in progress and will be shared with this Subcommittee once available in September
  - Availability and cost of virtual/telemedicine consults through the State's existing telehealth vendors (e.g., Teladoc Health, Highmark Well360) will be considered as well

<sup>1</sup> Utilization through July 25, 2023

# Considerations for FY25+

## Ensuring a holistic approach to weight management under the GHIP

- March 2023 update to the Subcommittees included an overview of the components comprising a comprehensive approach to weight management under the GHIP
  - See Appendix for further details on the resources available to GHIP members
- Further details on the following work in progress will be discussed with the Subcommittee as part of the FY25 planning process this fall:
  - SBO/WTW exploring the availability of other comprehensive weight management programs that support diet, nutrition, physical activity, etc. through the GHIP medical carriers and pharmacy benefits manager
  - Considerations for creating/piloting a weight management program using lessons learned from other states as a guide
    - Example: Florida offers a pilot weight management program that includes coverage of FDA-approved weight management medications; pilot program has an application process with ongoing requirements of participants (capped at 2,500 members)
  - Measurement strategy for monitoring the financial impact and health risk of the GHIP population that is utilizing the plan's weight management resources



# Appendix

# Current GHIP resources to support weight loss and management



## Direct to consumer

- Discounts on gym memberships, weight loss programs and meal plans available through the medical plan
- Online education, recipes and videos available on Highmark and Aetna member websites
- Obesity screening and counseling, nutrition counseling and wellness coaching are available through the medical plan
- Delaware's Physical Activity, Nutrition and Obesity Prevention Program available to all residents of Delaware
- Healthy Delaware provides online education



## Behavioral health

- ComPsych Employee Assistance Program available to all State and participating group employees and non-Medicare pensioners (access extended past end of the COVID-19 public health emergency until 6/30/2024)
- Programs through the medical plan such as Aetna: 360 Behavioral Health Support, AbleTo; Highmark: Bright Heart Health, Well360 virtual behavioral health
- Other public health resources such as the Delaware Division of Substance Abuse and Mental Health Crisis Hotline



## Weight management vendors

- Diabetes Prevention Programs offered through Solera (Aetna members), Livongo (Highmark members) and the YMCA of Delaware



## Bariatric surgery through SurgeryPlus

- Access to high quality surgeons of excellence with no out-of-pocket costs for plan participants
- Includes concierge service and travel benefits to support members seeking surgery



## Anti-obesity medications (AOM)

- Coverage for this class of medications will be added to the CVS prescription drug benefit for active employees and non-Medicare retirees effective July 1, 2023

Additional details can be found on the Statewide Benefits Office Weight Management Resources webpage: <https://dhr.delaware.gov/benefits/weight-management/index.shtml>