

The State of Delaware

Weight Management Strategy

Health Policy & Planning Subcommittee Meeting

September 18, 2023

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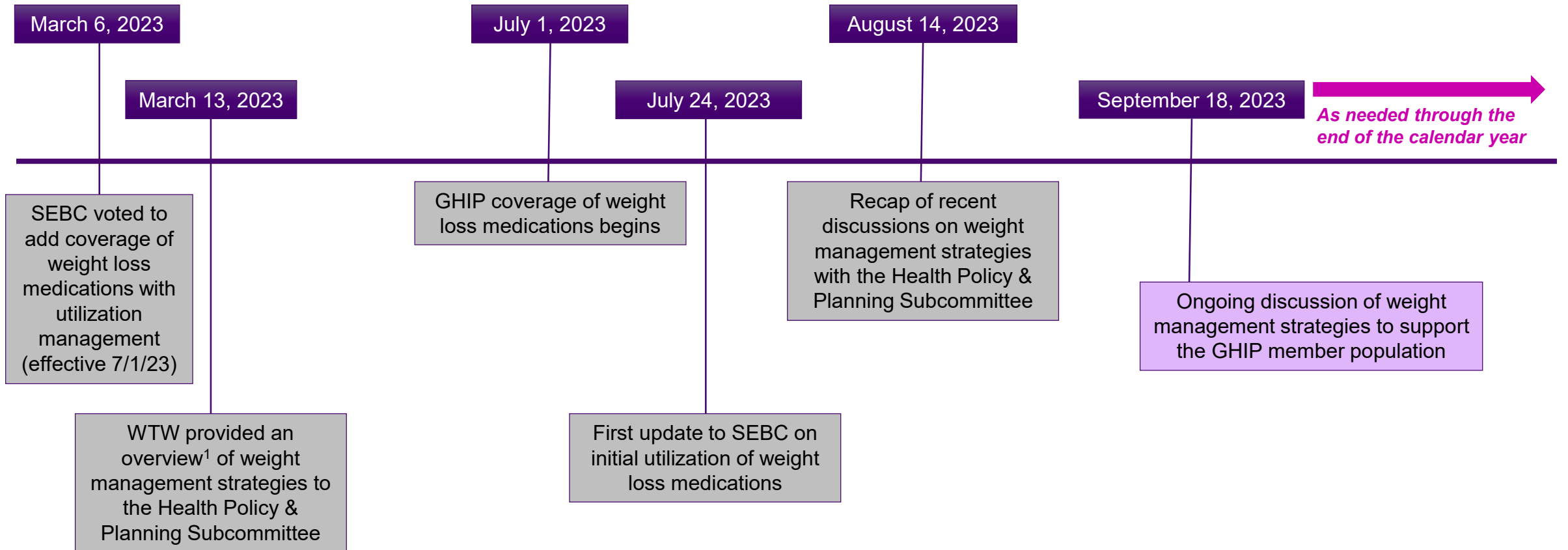
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Weight management strategies

Timeline of recent and future discussions with SEBC/Subcommittees



1. <https://dhr.delaware.gov/benefits/sebc/documents/sub-comm-2023/0313-weight-management.pdf>.

Weight loss medications

Cost and utilization update

Weight loss medications	July 2023	August 2023	September 2023 (through 9/13)	Total FY24 YTD	Original FY24 Cost Estimate ¹
Total Claims	346	478	209	1,033	n/a
Total Net Cost to Plan <i>(non-Medicare, Commercial plan only)</i>	\$411,119	\$603,563	\$256,192	\$1,270,874	\$1,778,800

- In the first 2.5 months that these drugs have been covered by the GHIP, net plan cost is already over 70% of the annual cost that was estimated by CVS and presented to the SEBC/Subcommittees earlier this year
 - Further analysis is underway to determine whether there were any shifts in off-label utilization of GLP-1 diabetes medications for weight management to the newly covered class of weight loss medications
- 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

1. Original cost estimates were provided by CVS per slide 15 of SEBC meeting materials presented on February 20, 2023 (and revisited with the SEBC on March 6, 2023): <https://dhr.delaware.gov/benefits/sebc/documents/2023/0220-fy24-planning.pdf>

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>

Alignment of GHIP coverage under medical and Rx

Removing barriers to accessing care for members

- GHIP currently 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 (UM) criteria necessary to obtain weight loss medications under the prescription drug plan
- WTW estimated the cost of expanding GHIP coverage for outpatient weight loss care, with input from the medical carriers
 - Initial FY24 estimate of \$383,000 for expanding coverage, assuming an effective date of 1/1/2024 (total of \$765,000 annually)
 - This does not include any estimates of increased utilization through virtual visits with a PCP
- Both medical carriers also offer virtual primary care, which is an optional service that is not activated for GHIP members today, and may provide another way for members to access to weight loss consultations virtually if coverage is expanded
 - There are two components to the cost associated with adding virtual primary care: administrative fees and cost of the virtual visits
 - Estimated FY24 administrative fees: approximately \$200,000 if implemented for 1/1/2024 (total of \$400,000 annually)
 - Cost of virtual visits is dependent upon utilization, which is too early to estimate specifically for weight loss consultations
- **Discussion points for Subcommittee members:**
 - Questions about expanding coverage for in-person outpatient weight loss consultations? Is there interest in making a recommendation to the SEBC to consider expanding coverage for these in-person visits?
 - Is there any interest in evaluating further coverage expansion through virtual primary care?

Additional programs to support weight management

CVS weight management program

General Information	<ul style="list-style-type: none">• New program available January 1, 2024• CVS is piloting this program with 4 plan sponsors (approximately 400,000 lives)<ul style="list-style-type: none">• Initial results will be available later in 2023, with additional monitoring over the next year• CVS will be running an impact analysis for the GHIP once 1 quarter of claims experience for weight loss drugs is available
Personalized Support	<ul style="list-style-type: none">• Provides access to registered dietitians and endocrinologists• Care and medication management in coordination with PCP• Nutritional plan guidance based on personal preferences / lifestyle
Benefit Plan Integration options available	<ul style="list-style-type: none">• Available to those already taking weight loss drugs or are eligible (based on UM criteria)• Can be offered prior to weight loss drug approval or alongside of medication use• Can be voluntary or mandatory• Can be offered to members who want to lose weight without medication
Care Model	<ul style="list-style-type: none">• Telephonic or virtual sessions• Inbound and outbound chats with program's coaches available• CVS "Health Optimizer" app allows for member communications, real time AI¹ coaching, tracking lab values (biometrics), meal / diet recommendations, etc.

1. AI = artificial intelligence.

Next steps

Weight management strategies

- Results of the CVS weight management program impact analysis will be shared with this Subcommittee when it becomes available from CVS (likely in November or December)
 - Depending on interest from the Subcommittee, member experience under this program can be reviewed as well, including areas of overlap with current programs and services available under the GHIP today
- October Subcommittee meeting will cover:
 - Considerations for creating/piloting a weight management program using lessons learned from other states and large plan sponsors as a guide
 - Initial perspective on developing a measurement strategy for monitoring the financial impact and health risk of the GHIP population that is utilizing the plan's weight management resources