

# Health-System Specialty Pharmacy Role in Managing Medications for Weight Loss in Patients Without Evidence of Type 2 Diabetes

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## BACKGROUND

- Approximately three-quarters of U.S. adults are overweight or obese, which has significant economic costs and negative effects on personal health.<sup>1</sup>
- A comprehensive weight management plan may involve pharmacologic options; however, many of these medications have faced access issues related to drug shortages and high medication costs.<sup>2,3</sup>
- Health-system specialty pharmacy (HSSP) teams expertly navigate these areas and may have a role in the management of medications for weight loss.

## OBJECTIVES

To describe a novel HSSP-led chronic disease management (CDM) program for patients without evidence of type 2 diabetes who were prescribed a weight loss medication as part of a comprehensive weight management plan.

## METHODS

This descriptive study was conducted across 12 health systems nationwide with HSSP services managed by CPS Solutions, LLC that currently offer CDM programs for patients prescribed weight loss medication.

### Program Design and Evaluation



## RESULTS

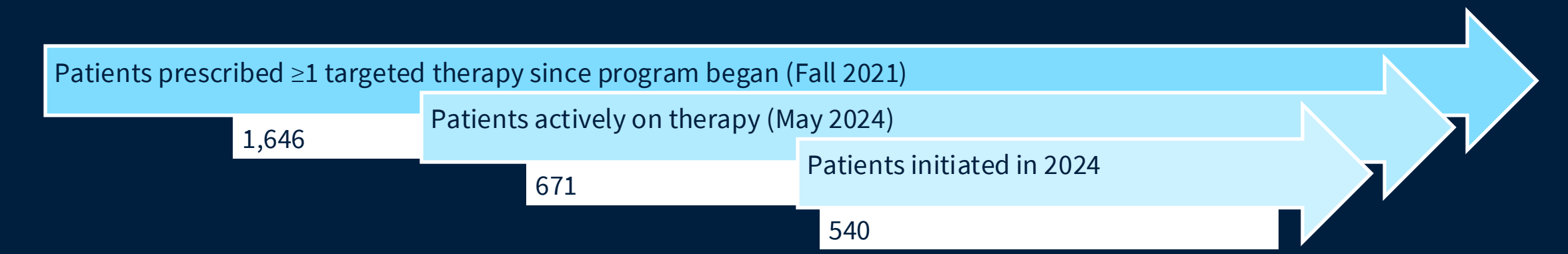


Table 1: Characteristics of Patients on Therapy

CHARACTERISTICS	n=671
<b>Patient Sex, n(%)</b>	
Female	542 (81)
Male	129 (19)
<b>Age, mean [SD]</b>	46.9 [11.9]
<b>Weight Loss Therapy,* n(%)</b>	
Semaglutide	395 (59)
Tirzepatide	265 (39)
Liraglutide	11 (2)

\*Only FDA-approved products for weight management were included

Figure 2: Prior Authorization Decisions

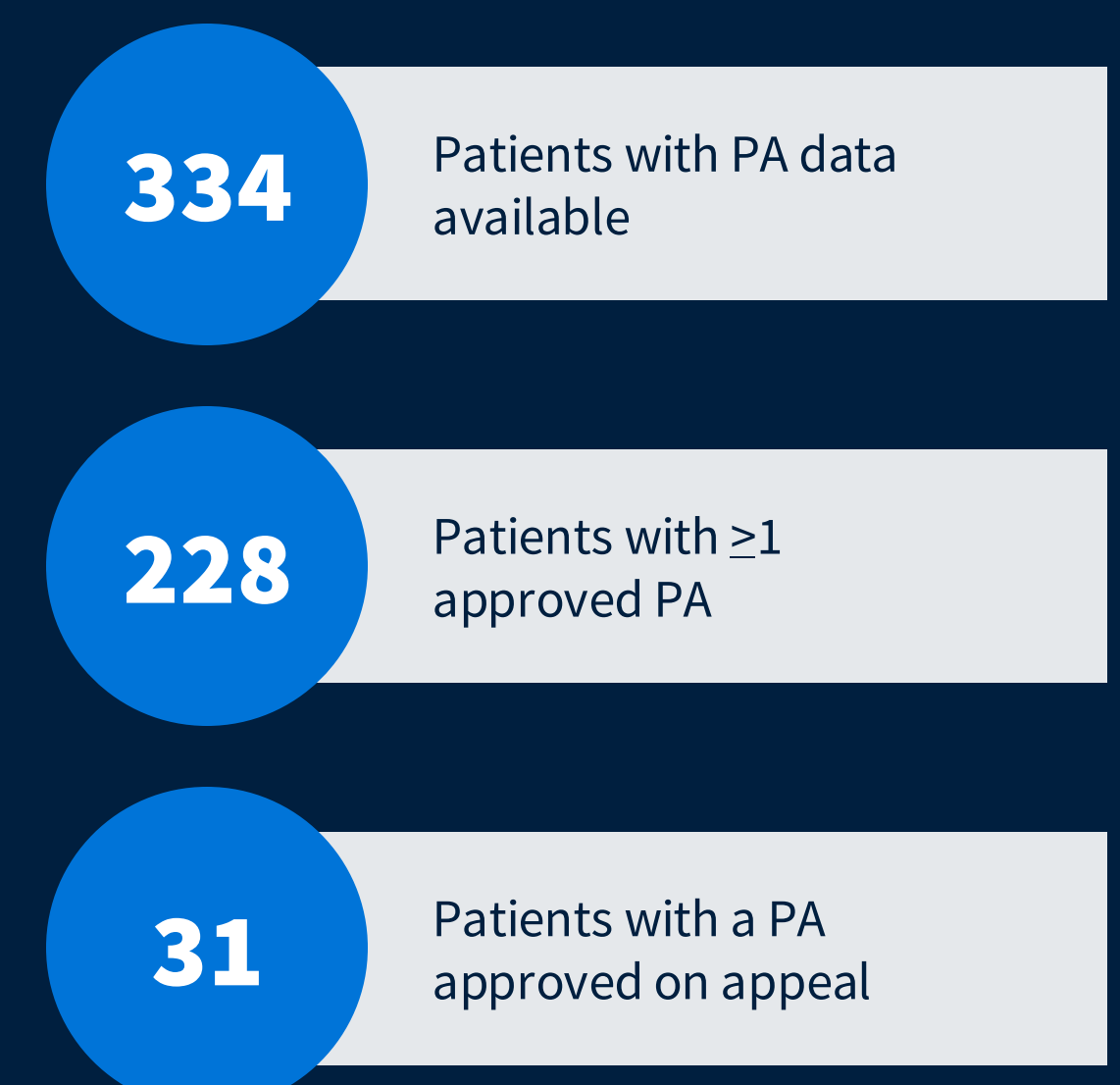
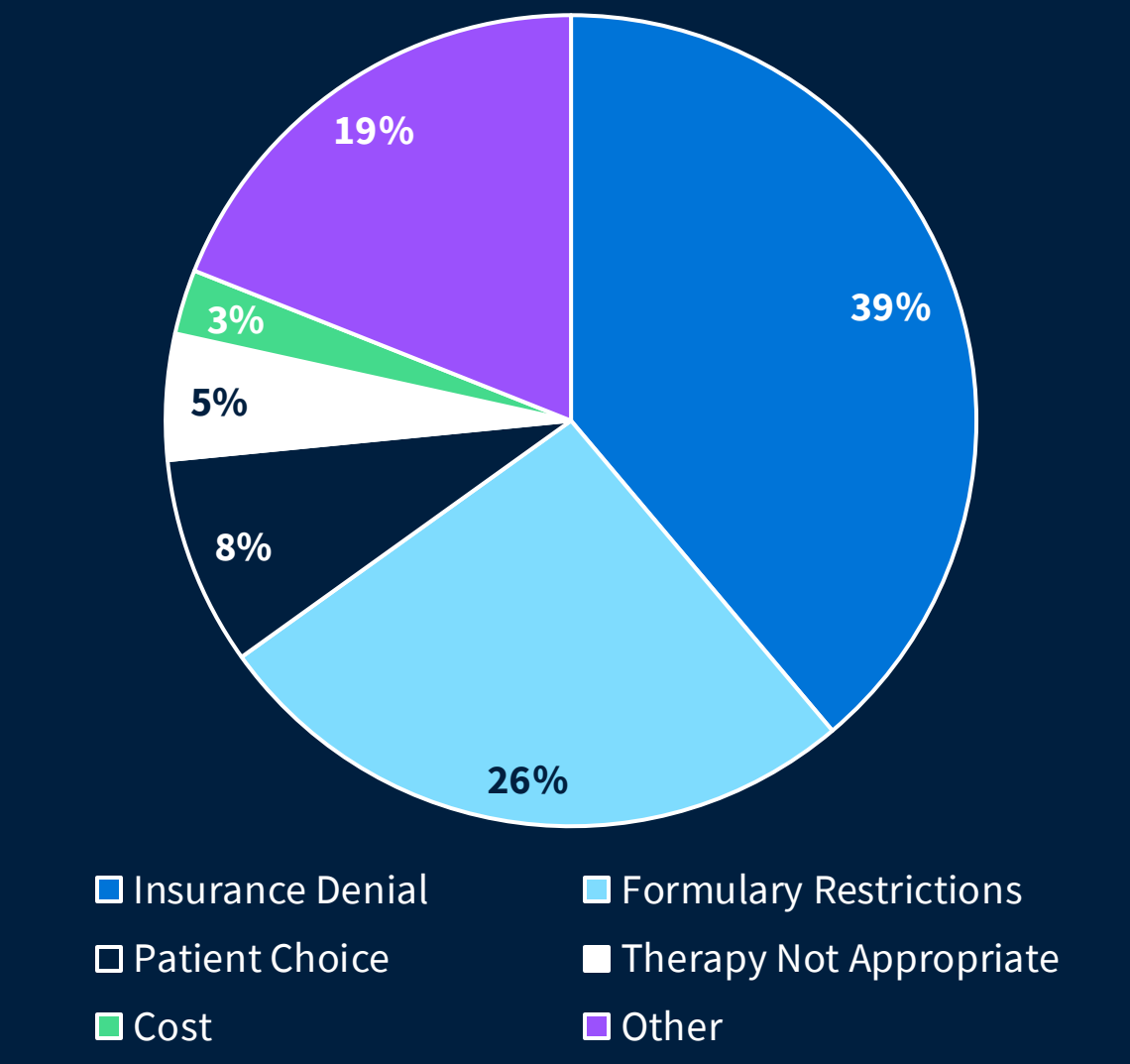
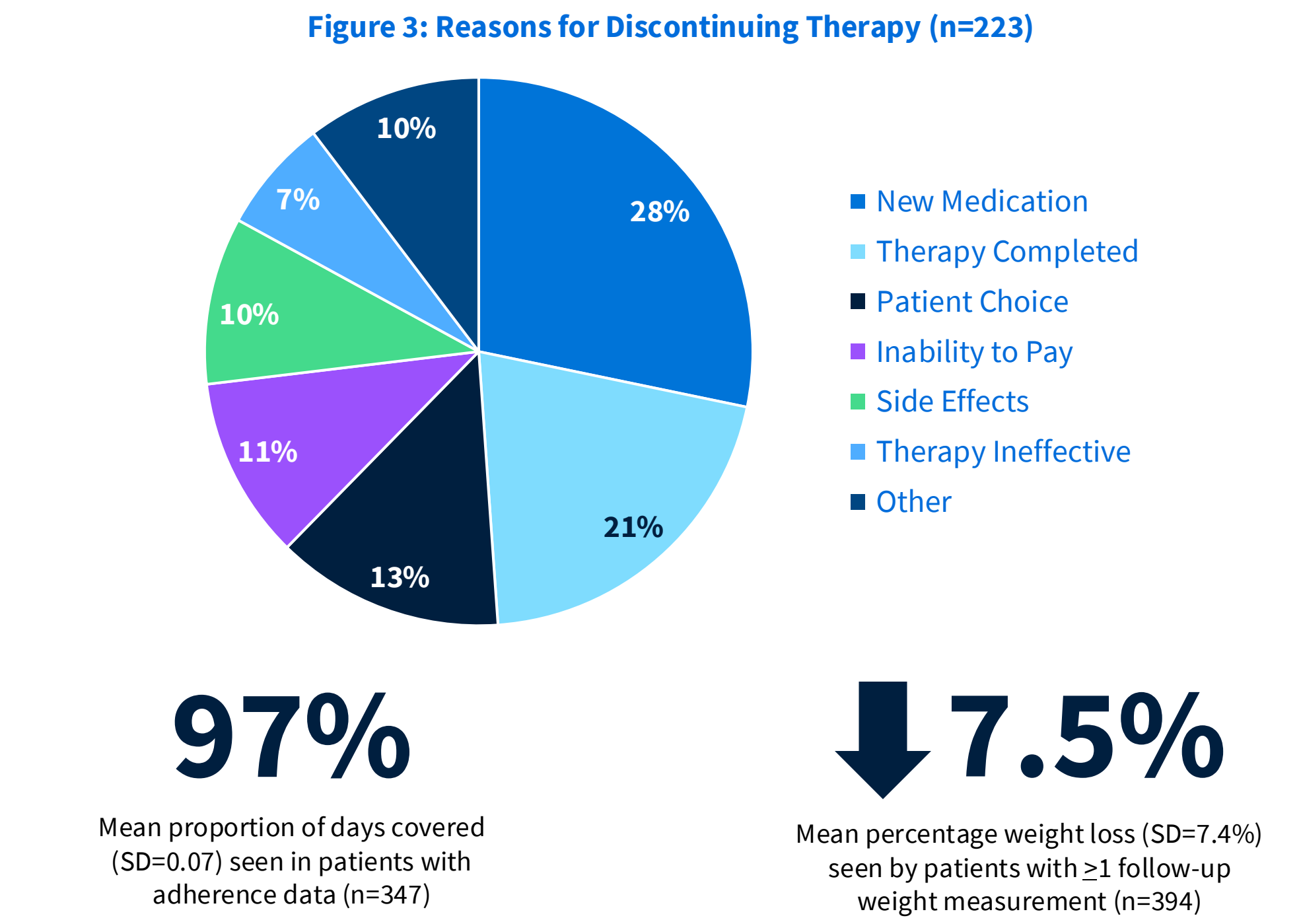


Figure 1: Reasons for Not Starting Therapy (n=662)



## RESULTS



## DISCUSSION AND CONCLUSION

- HSSP teams provided integral support for patients prescribed medications for weight loss, particularly regarding insurance coverage and FA.
- Many patients required assistance with PAs or FA, which HSSP teams were able to provide in a timely fashion and with a high rate of success.
- The HSSP model provides high-touch care that helps to support patients with chronic diseases, enabling them to maintain high rates of adherence and allowing pharmacists to monitor for medication-related problems or therapy discontinuations.
- When patients have access to weight loss medications, they are empowered to achieve their weight loss goals as part of a comprehensive weight management plan.

## REFERENCES

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