



Medications for Weight Loss

The physicians and advanced practice providers at UT Health Austin are aware of the increased attention on new weight loss medications entering the market. We strive to put our patients first and want to ensure you are aware of some of the challenges in obtaining these medications. We remain committed to addressing our patients' needs while adhering to FDA guidelines and professional recommendations, as well as navigating the stringent insurance coverage rules associated with weight loss medications. These coverage rules have caused significant confusion regarding newer GLP-1RA/GIP medications, including Ozempic®, Mounjaro®, Trulicity®, Victoza®, Bydureon®, and Rybelsus®.

Insurance Authorization

Insurance companies have updated their policies and procedures, impacting eligibility for these medications. Due to recent changes, we have refined our approach as denials have increased for patients who may or may not meet the required symptoms and conditions. Meeting the minimum criteria is essential to initiate the prior authorization process with your insurance. Without meeting these criteria, obtaining approval becomes challenging, as most insurance providers require adherence to established FDA guidelines.

It is important to note that medications such as Ozempic®, Mounjaro®, Trulicity®, Bydureon®, and Rybelsus® are only FDA-approved for patients with type 2 diabetes. To obtain insurance coverage for these medications, a confirmed type 2 diabetes diagnosis is required for prior authorization. While some insurance companies may indicate that these medications are included in their formularies (the list of covered medications), they are often excluded for patients without a type 2 diabetes diagnosis. It is important to ask your insurance provider not only if the medication is on their formulary, but also whether they cover the cost of weight loss medications. UT Health Austin has not been successful in securing coverage for these medications without a confirmed type 2 diabetes diagnosis.



New Medications Strictly for Weight Loss

At UT Health Austin, we understand the importance of weight loss treatment. Some of the newer medications, such as Zepbound®, Saxenda®, and Wegovy®, are approved for weight loss treatment; however, most insurance companies still do not provide coverage for these medications. Unfortunately, if your insurance does not cover weight loss medications, submitting a prior authorization request will not be successful. Additionally, please be aware that medications such as Ozempic®, Mounjaro®, and Trulicity® are currently on national backorder, which may affect their availability and make them more difficult to obtain.

We Can Process Your Request

If you have diabetes or can confirm that your insurance covers these specific medications for weight loss, our team will gladly process your insurance authorization. We sincerely appreciate your patience as we navigate the prior authorization process, which is largely beyond our control. Thank you for your continued support and trust in the care we provide to the community.

Key Takeaways

- Minimum criteria must be met for insurance authorization.
- A type 2 diabetes diagnosis is required for certain weight loss medications.
- Insurance plans may exclude weight loss medications, even if they are included in their formularies (the list of covered medications).
- It's important to confirm with your insurance provider whether they cover weight loss medications, not just if the drug is on their formulary.

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