

Summary of Utilization Management (UM) Program Changes

July 2021

Brand Name	Generic Name	Utilization Update Summary	Type	Effective Date
<p><i>Phentermine</i> <i>Contrave</i> <i>Qsymia</i> <i>(in Anorexiant)*</i></p>	<p>phentermine naltrexone/bupropion phentermine/topiramate</p>	<p>Initial criteria requires:</p> <ol style="list-style-type: none"> 1) Member is at least 18 yrs old for Contrave and Qsymia or at least 16 yrs old for phentermine 2) Diagnosis of obesity—BMI of 30 or higher or 27 to 30 with a disease that is worsened by obesity (such as high cholesterol, diabetes, high blood pressure) 3) Enrollment and participation (as documented by submitted records) in the last 12 mos in a lifestyle intervention such as: <ul style="list-style-type: none"> • Weight-management program (such as Naturally Slim) • Community based or online weight-loss program (such as Weight Watchers, TOPS) • Behavior modification tracking (such as MyFitnessPal, Noom) 4) Lifestyle intervention changes required for 6 months prior to starting medication, and continued during medication therapy 	<p>New</p>	<p>8/1/2021</p>

**Applicable for select plans only that cover anti-obesity drugs*