



AmeriHealth Caritas[™]

New Hampshire

To: AmeriHealth Caritas New Hampshire Providers

Date: July 5, 2024

Subject: Step Therapy for Glucagon-Like Peptide-1 (GLP-1) Receptor Antagonists with a Diabetes indication

Summary: AmeriHealth Caritas New Hampshire has added a step therapy to Glucagon-Like Peptide-1 (GLP-1) Receptor Antagonists indicated for diabetes. This will prohibit members from being able to fill a prescription for a GLP-1 without a prior authorization if Metformin was not previously tried. This change went into effect on June 1, 2024.

Why we are making this change:

American Diabetes Association (ADA) guidelines recommends Metformin as a first step therapy prior to a GLP-1.

What this means for you:

Providers should review patient therapy to determine if a Prior Authorization needs to be submitted.

- Members who have utilized Metformin prior to June 1, will be able to continue to receive a GLP-1 indicated for diabetes without a prior authorization.
- Members utilizing Ozempic, Trulicity, or Victoza that have established atherosclerotic cardiovascular disease (ASCVD) or who are at high risk for ASCVD may be able to receive these medications with a prior authorization.
- Members that have an intolerance to Metformin at the maximally tolerated dose for a minimum of 3 months may be able to receive GPL- 1 medications with a prior authorization.

References:

American Diabetes Association. [9. Pharmacologic Approaches to Glycemic Treatment: Standards of Care in Diabetes-2023](#). *Diabetes Care*. 2023;46(Suppl 1):S140-S157. doi:10.2337/dc23-S009

Questions:



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If you have questions about this communication, please contact your Provider Account Executive or the Provider Services department at **1-888-599-1479**.