EncircleRx Weight Loss:
New weight management program

Available for eligible medical plan participants

Frequently asked questions

To further support your health and well-being, we're offering **EncircleRx℠** – a new weight management program that includes coverage for select prescription weight management medications

What Medications are Included?

Saxenda®, Wegovy® and Zepbound™ are medications approved by the U.S. Food and Drug Administration (FDA) for weight management. These medications, along with healthier behaviors, including a reduced-calorie diet and increased physical activity, help address chronic weight management issues.

What are the coverage requirements for a weight loss medication?

For a medication to be covered, you must:

1. Join and participate in the Omada® online lifestyle modification program which is available at no extra cost to you[1]; and
2. Have a body mass index (BMI) of 32 or higher – **or** a BMI of 27 or higher, *along with* two weight-related health issues.

What weight-related health issues are included in the requirements for coverage of a weight loss medication?

*If your BMI is 32 or higher, you can qualify for coverage in EncircleRx.

*If your BMI is of 27 to 31 **and** you have two weight-related issues, such as those listed below, you can qualify for coverage in EncircleRx.

- Arthritis of the knee
- Asthma
- Chronic obstructive pulmonary disease
- Coronary artery disease
- Heart disease
- High blood pressure
- High cholesterol
- Non-alcoholic fatty liver disease
- Obstructive sleep apnea
- Polycystic ovarian syndrome
- Type 2 diabetes

*You will also need to enroll in the Omada lifestyle modification program.

How do I know what my BMI is?

BMI, or body mass index, is a measure of your body composition based on your height and weight.

Your doctor can tell you what your BMI is, or you can use an online calculator to find out.[2]

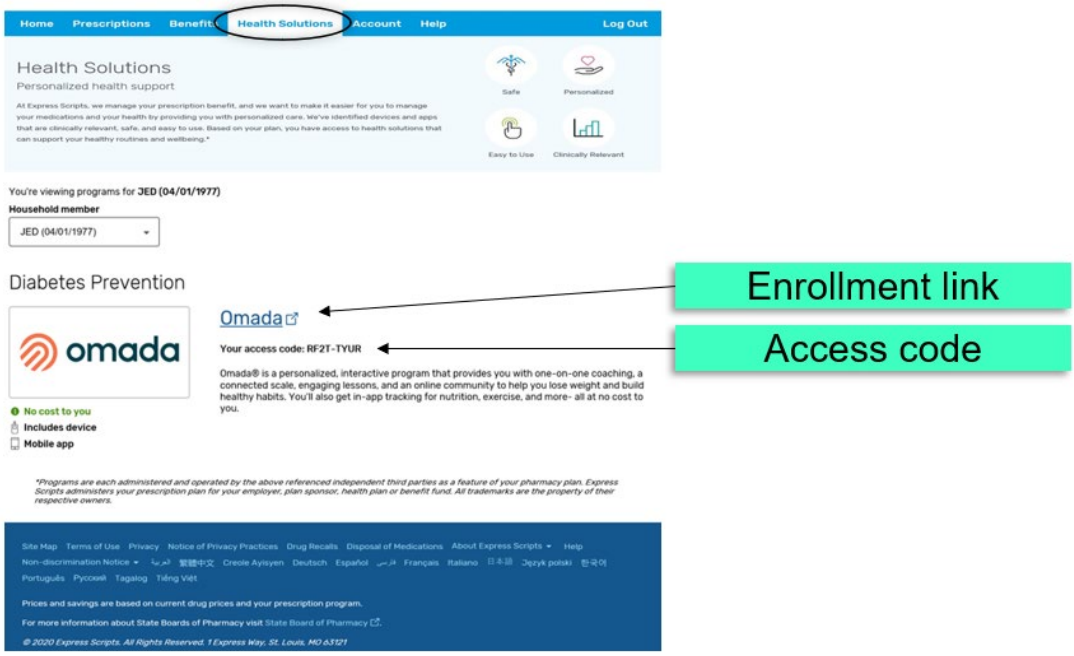
What's Omada?

Omada is a virtual chronic care provider partnered with Express Scripts. They are experts in weight loss and obesity disease management, allowing you to work closely with a health coach. They offer support and virtual programs that give you the tools and resources to get healthy and help manage weight, lower blood pressure and/or control diabetes. Omada will help you build healthy routines around what you like to do and where you need the most support. You will work with a virtual care team who will help you reach your goals through one-on-one health coaching, specialist support and smart devices – at no extra cost to you. You can join Omada if you meet certain eligibility requirements and are prescribed a medication for weight loss.

How do I get started with Omada?

Based on your medication or medical history, Omada may have already reached out to you. If you have this communication in your email inbox, you can follow the link and the corresponding directions, or if the invite was mailed to you, enroll in Omada at omadahealth.com/esi and enter your Access Code provided. It is important to check your junk mail setting to make sure you can receive Omada communications.

Alternatively, your Omada Access Code and enrollment link are available on the Express Scripts portal at omadahealth.com/esi. If you do not have a login, you can register by clicking the Register Now button on the log in screen or by visiting express-scripts.com/frontend/registration-ui/#/welcome. Once logged in, please select the Health Solutions Tab at the top. Here you will find information on the Omada program(s) available to you as well as your access code and enrollment link.



If you have trouble enrolling, you can reach out to Omada at support@omadahealth.com

I brought my weight loss prescription to my pharmacy, but they were unable to fill the medication. What is going on?

Being able to receive a prescription for a weight loss medication is dependent on two things: active enrollment and/or engagement with Omada and an active prior authorization. If you are not enrolled in Omada, directions for enrollment will be sent to you shortly after your pharmacy first receives your prescription. If you are enrolled, it is important that you maintain active participation with Omada.

If you currently are enrolled and engaged with Omada, your prescription may require either a new or renewed coverage review. The necessary requirements for your coverage review will be sent automatically to your prescriber.

Prior to receiving a prescription for a weight loss medication, I was already enrolled in Omada. Do I have to start over or re-enroll?

No, if you are already enjoying the benefits of Omada, there is nothing additional you need to do except maintain active engagement. If you currently do not have a scale, Omada will provide one when you start a weight loss medication.

What does "active engagement" with Omada mean?

Active engagement is defined as four weigh-ins and four app engagements per month. App engagements are not restrictive or specifically defined because everyone's journey is unique and different. An engagement can be a completed lesson, a conversation with your health coach, meal tracking, adding to a peer group conversation, completing an exercise goal, or many of the other activities offered by Omada. A weigh-in simply requires stepping on your scale and allowing it to record your weight for the day.

Once I am enrolled in Omada, what happens next?

Your coach will reach out to introduce themselves, and you will receive your scale and any additional equipment necessary based on your initial enrollment responses. For the first 30 days, simply enrolling is enough to meet the engagement requirements while you wait for your equipment.

Additionally, your doctor will be contacted to complete a coverage review for your weight loss medication. The requirements of this process are described above. Nothing is required from you for this process. Everything the prescriber needs will be provided to them, and information provided by the doctor will be evaluated as soon as it is received. If the doctor is unable to provide the required documentation, your prescription may be denied. If this occurs, the full cost of the medication would fall to you.

Once both requirements are met, your medication will be available to be filled at your pharmacy.

I was already on weight loss medication therapy. What does this all mean for me?

If you were already on a weight loss medication, you will be required to enroll in Omada and your coverage review will be re-evaluated based on the updated criteria. Your Omada Access Code and enrollment directions will be provided to you and are available on the Express Scripts portal at esrx.com/healthsolutions.

If I am approved, are there limits to how long I can be on my weight loss medication? If I stop my weight loss medication, what support is provided?

No, currently there are no limits to how long you can be on your weight loss medication. If your medication is discontinued for any reason, you can still participate in the Omada program. Omada can provide you with the tools and education to make this transition a successful one and can continue to provide reinforcement and coaching — there is no need to stop using Omada even if you are no longer taking your weight loss medication.

If I have additional questions, who can I reach out to?

If you have additional questions specifically about the Omada program, you can contact Omada via their email support@omadahealth.com or communicate directly with them via the app if you are already enrolled.

If you have additional questions about the EncircleRx program or your coverage review, you can reach Express Scripts via the number provided on your prescription ID card.

1. Omada is a virtual health company Express Scripts partners with. The program is available as part of your benefits; however, you must meet eligibility requirements to participate. Express Scripts does not endorse or guarantee the accuracy of any third-party content and is not responsible for it. You agree to use third-party content at your own risk.

2. Centers for Disease Control and Prevention (CDC) website, "Adult BMI Calculator." Last reviewed: September 2, 2022. cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html. Cigna Healthcare does not endorse or guarantee the accuracy of any third-party content and is not responsible for it. You agree to use third-party content at your own risk.