

AMA GLP-1 Weight Loss Medication Checklist

Step 1: Check Insurance Coverage

Call your insurance company using the **member services number** on the back of your insurance card.

Ask the following:

- **“Is Wegovy or Zepbound covered under my insurance plan for the diagnosis of obesity?”**
 - Note: **Ozempic and Mounjaro** are for **diabetes only** and are **not** prescribed for weight loss.
 - The active ingredients in these medications are:
 - **Semaglutide** (found in Wegovy & Ozempic)
 - **Tirzepatide** (found in Zepbound & Mounjaro)
- If Wegovy or Zepbound are **not covered**, ask about alternative medications:
 - **Contrave**
 - **Qsymia**
 - **Saxenda**

Step 2: Record Insurance Coverage Details

Use the chart below to document what your insurance company covers, if prior authorization (PA) is required, and your expected out-of-pocket costs.

Medication Name	Covered? (Yes/No)	Prior Authorization Required? (Yes/No)	Expected Monthly Cost
Wegovy			
Zepbound			
Contrave			
Qsymia			
Saxenda			

Step 3: Confirm Authorization Requirements

- Are there any specific requirements for prior authorization approval?
- Does your insurance require documentation of previous weight loss attempts or other criteria?

Step 4: Contact the Office to Request a Prescription

- Once you have gathered the above information, contact the office to request a visit with our registered dietician team. They will review diet and lifestyle measures that are

recommended with weight loss medication, review your insurance coverage, and initiate the prescription process with our IM pharmacy team.

Step 5: Prescription Processing

- Once the IM pharmacy team receives your information, our staff will initiate the prescriptions for all **titration doses** and submit a prior authorization if required.
- Please allow a **minimum of 10 business days** for prior authorization processing and approval.

Addendum: Titration Schedule for Wegovy and Zepbound

Wegovy (Semaglutide) Titration Schedule

Week	Dose	Notes
Weeks 1-4	0.25 mg once weekly	Initial dose to minimize side effects
Weeks 5-8	0.5 mg once weekly	Gradual increase
Weeks 9-12	1.0 mg once weekly	Continue dose escalation
Weeks 13-16	1.7 mg once weekly	Maintenance dose (if weight loss goal achieved)
Week 17+	2.4 mg once weekly	Maintenance dose

Zepbound (Tirzepatide) Titration Schedule

Week	Dose	Notes
Weeks 1-4	2.5 mg once weekly	Initial dose to minimize side effects
Weeks 5-8	5 mg once weekly	Dose escalation begins
Weeks 9-12	7.5 mg once weekly	Continue gradual increase
Weeks 13-16	10 mg once weekly	Intermediate dose
Weeks 17-20	12.5 mg once weekly	Pre-final titration step
Week 21+	15 mg once weekly	Full maintenance dose

*****Zepbound maintenance dose** can be 5mg, 10mg, or 15mg depending on weight loss and tolerability. Follow up visit at 2 months is required to discuss maintenance dosing.

NOTE for women of childbearing age: Tirzepatide may decrease the efficacy of oral hormonal contraception due to changes in gastric emptying; contraceptives administered by a nonoral route are not affected. Because the changes in gastric emptying are largest following the first dose, patients using an oral contraceptive should add a barrier method for 4 weeks after starting tirzepatide treatment and for 4 weeks after each dose increase. Alternately, patients can be switched to non-oral contraceptive methods.