

## Frequently Asked Questions: 2026 Coverage Changes for GLP-1 Drugs that are FDA-Approved for Weight Loss

We understand that unexpected changes in your drug coverage can be frustrating. In addition to the enclosed letter about this upcoming coverage change, we hope you'll find these answers to common questions helpful in understanding this decision and determining what it may mean for you.

<b>What is happening?</b>	Beginning January 1, 2026, your plan through the Vermont Education Health Initiative (VEHI) will no longer cover prescription drugs containing Glucagon-Like Peptide-1 (GLP-1) receptor agonists that are FDA-approved for weight loss, including Wegovy®, Zepbound® and Saxenda®. This will be a benefit exclusion. After this date, members who continue to use these medications will be responsible for the full cost.
<b>Why is VEHI making this change?</b>	VEHI is compelled to make this change because of the extremely high cost of these prescriptions and their impact on premiums and VEHI's fiscal stability. Additionally, VEHI is following the example of other Blue Cross and Blue Shield of Vermont health plans, which are excluding these medications for weight loss.
<b>Who is impacted by this change?</b>	Those affected by this decision, starting January 1, 2026, will be VEHI members who take a GLP-1 drug for anything other than managing their Type 2 diabetes or preventing certain cardiovascular events related to obesity. This means members who take the medications for reasons unrelated to diabetes or cardiovascular conditions linked to obesity will be responsible <u>for the full cost of these prescriptions</u> if they elect to keep taking them. We understand this requires an adjustment for affected members and may be a hardship, and we are here to help answer your questions.
<b>Does this affect members who take GLP-1s as a treatment for diabetes or for the prevention of certain obesity-related cardiovascular events?</b>	<b>No.</b> If you take a GLP-1 drug for one of the reasons below, your medication remains <u>covered by your plan with prior approval</u> : <ul style="list-style-type: none"> <li>You have Type 2 diabetes. Covered medications include, but are not limited to, Ozempic®, Mounjaro®, and Trulicity®.</li> <li>You are an adult with diagnosed cardiovascular disease and obesity, and your provider prescribes Wegovy® to reduce your risk of certain cardiovascular events.</li> </ul>
<b>What other options may be covered by my VEHI health plan to help support my weight loss?</b>	As a VEHI member, you may have access to a range of helpful resources and services, including: <ul style="list-style-type: none"> <li>Nutritional or behavioral counseling, including virtual sessions through our telehealth partner, Amwell.</li> <li>Other weight loss medications, besides GLP-1 drugs.</li> <li>Bariatric surgery, if clinically appropriate.</li> <li>Health and wellness benefits through VEHI's PATH program.</li> </ul>
<b>Who can I speak with about this change in my drug coverage?</b>	If you have questions, please call Blue Cross VT's customer service team at (800) 344-6690 (TTY/TDD: 711), Monday – Friday, 7:30 a.m. to 6 p.m. We also strongly recommend speaking with your provider about your specific health care needs.