

Frequently Asked Questions: 2026 Coverage Changes for GLP-1 Drugs 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.

<p>What is happening?</p>	<p>Beginning January 1, 2026, Blue Cross and Blue Shield of Vermont 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.</p>
<p>Why is Blue Cross VT making this change?</p>	<p>Blue Cross VT made this change after considering the long-term effectiveness and the impact on member premiums by continuing coverage for GLP-1 weight loss medications.</p> <ul style="list-style-type: none"> • These medications can be quite costly, which affects the overall affordability of premiums for all members. • Lasting weight loss requires ongoing, long-term use of these drugs but many people stop taking them after just a few months.
<p>Who is impacted by this change?</p>	<p>Starting January 1, 2026, members who take a GLP-1 drug for anything other than managing their Type 2 diabetes or preventing certain cardiovascular events related to obesity will be responsible for the full cost of these prescriptions. We understand this may be an adjustment and are here to help answer your questions.</p>
<p>Does this affect members who take GLP-1s as a treatment for diabetes or for the prevention of certain obesity-related cardiovascular events?</p>	<p>No. If you take a GLP-1 drug for one of the reasons below, your medication remains covered by your plan with prior approval:</p> <ul style="list-style-type: none"> • You have Type 2 diabetes. Covered medications include, but are not limited to, Ozempic®, Mounjaro®, and Trulicity®. • You are an adult with diagnosed cardiovascular disease and obesity, and your provider prescribes Wegovy® to reduce your risk of certain cardiovascular events.
<p>What other options may be covered by my health plan to help support my weight loss?</p>	<p>Coverage options can vary depending on your health plan, but you may have access to a range of helpful resources, including:</p> <ul style="list-style-type: none"> • Nutritional or behavioral counseling, including virtual sessions through our telehealth partner, Amwell. • Other weight loss medications, besides GLP-1 drugs. • Bariatric surgery, if clinically appropriate. • Employer-sponsored health and wellness benefits.
<p>Who can I speak with about this change in my drug coverage?</p>	<p>If you have questions or want to discuss your options, we're here for you. Please call our customer service team at (800) 247-2583. You can also speak with your provider about your specific health care needs.</p>