

STARR



CVS – Starr Medical/Rx – Weight Management Program

Effective January 1, 2026, Starr implemented CVS' Weight Management Program a digital targeted solution for members focusing on improving their health through weight management. The program assists with tailoring lifestyle and behavior change support to help members hit their weight goals and achieve healthier outcomes.

The program provides access to nutrition counseling, advanced digital and clinical support through a platform that includes virtual appointments to a dedicated care team.

Enrollment and active participation are mandatory for members to continue to have their medication paid for by Starr. Prior authorization is required for anti-obesity medications.

Below is link to the CVS flyer with general program information and registration details or, continue reading to learn more with our FAQ's.

Starr Benefits Website: [CVS Weight Management Registration](#)

- I am already approved to take a GLP-1, do I still need to register in the CVS Weight Management program?
Yes, CVS mailed letters to members currently taking GLP-1 with instructions to join the Weight Management program in early January. Going forward, members approved to take an anti-obesity medication (including GLP1s) are required to complete the registration process prior to picking up their medication at the pharmacy.
- Were employees informed of the 2026 medical/pharmacy changes regarding GLP1s? **Yes, this was covered during all annual open enrollment meetings. The Benefits Team conducted numerous in-person and virtual meetings to discuss all changes for the new plan year including the addition of the CVS Weight Management program and deductible and copay requirements for all anti-obesity medications.**
- Once enrolled in the CVS Weight Management program, do I still need to meet a deductible and/or co-pay?

- **CDHP plan - Yes. You must meet your deductible and then the medication will be covered with a co-pay.**
 - **POS plan – Yes. There is a co-pay that is required to fill your medication.**
- Explain how my deductible and coinsurance work with these medications:
Members enrolled in the CDHP medical plan must still meet their deductible before any coinsurance kicks in. Members also need to be enrolled in the weight management program, for their medical to be covered under the Starr medical/pharmacy plan. Without enrollment in the program, members will be responsible for the full cost of their medication and those expenses will not count towards deductibles and out-pocket plan limits.
- Which drugs are covered for our Weight Management (WM) Program?
Below are the targeted Anti-Obesity Medications (AOMs) for our WM program:

- **Wegovy**
- **Saxenda**
- **Contrave**
- **Qsymia**
- **Zepbound**
- **Xenical/Orlistat**

Non-ADHD Anorexiants:

- **Benzphetamine**
- **Diethylpropion**
- **Phendimetrazine**
- **Phentermine**

- How does the Prior-authorization (PA) process work and what is the timeline?
Most providers are aware that GLP1s and other anti-obesity medications require prior authorization due to their high cost. Members should inform their provider to submit a prior authorization request when these medications are prescribed. Your provider or a member of their staff understands the requirements needed to request prior authorization including the need to submit clinical support and documentation. In general, when a medication that requires a prior authorization is presented at the pharmacy, it will be rejected if the authorization is not online with CVS. Most pharmacies may offer to notify the provider's office of the rejection and need for prior authorization. Once submitted, provided all the required documentation and clinical support is submitted, a decision can be made within 1-3 business days (lesser if submitted as "urgent").

- When to enroll in the Weight Management Program?
Members should enroll in the CVS Weight Management Program as soon as their prior authorization is received. Members must be enrolled prior to submitting their prescription to the pharmacy to receive the plan designated cost share.

General Information on the CVS Weight Management Program

Member Support Resources:

- **Website: <https://cvsweightmanagement.com>**
- **Phone: 1-800-207-2208**

Office Hours:

- *** Monday–Friday: 8:00 AM–8:00 PM**
- *** Saturday: 9:00 AM–4:00 PM**
- *** Available across all continental U.S. time zones**

How Members Can Get Started:

1. **The member must have approved prior authorization (PA) for a weight loss medication from their provider.**
2. **Download the app by searching “Health Optimizer” in the Google Play Store or Apple App Store.**
3. **Create a profile using their name exactly as it appears in employer or health plan records.**
4. **Complete the eligibility survey in the app (approximately five minutes).**

After completing the eligibility survey:

- **Members can schedule their initial assessment directly in the app.**
- **Prescribed weight loss medication is typically available for pickup 1–3 days after completing the above steps.**
- **Following the initial assessment, members can schedule their first virtual visit with a Registered Dietitian.**

Ongoing engagement in the program will support success and keep the members’ status active to ensure they meet the minimum requirements for benefit coverage. Minimum program engagement can be met with these easy steps:

- **Attend at least one live virtual meeting or initiate at least one chat with a program clinician one time each month.**
- **Log biomarker info, such as regular weight-check-ins, based on what member and program clinician agreed.**