

Important Information Regarding MMHG GLP-1 Weight Loss Prescription Medication Coverage

Overview of Coverage Changes

Background

The widespread popularity of GLP-1 medications for weight loss has resulted in a significant increase in prescription drug costs over the past several years. As a result, insurance carriers have decided to discontinue coverage for these medications when used for weight loss.

Financial Impact

Although these drugs show great potential, they come at a substantial cost—averaging \$11,000 per patient per year. Insurance carriers do not pay the same price as consumers who purchase these medications directly from the manufacturer. If coverage for GLP-1 weight loss drugs were to continue, it is estimated that all active plan premiums would rise by an additional 10% to 11%.

Decision Process

The Mayflower Municipal Health Group (MMHG) Steering Committee has thoroughly evaluated all available options to continue coverage for GLP-1s used for weight loss, even in light of insurance carriers withdrawing this benefit. MMHG is committed to keeping health care as affordable as possible, despite the ongoing rise in medical and drug costs.

Coverage Changes Effective July 1, 2026

Beginning July 1, 2026, all GLP-1 medications prescribed for weight loss will no longer be covered, in alignment with insurance carrier policies. This applies even to individuals currently using these medications. While MMHG recognizes the positive impact these drugs may have had on members' weight-loss journeys, unfortunately, the high cost of these drugs is a significant factor in rising premiums for all members. MMHG remains hopeful that manufacturers will respond to these coverage changes by lowering their prices.

Coverage for GLP-1s Approved for Type 2 Diabetes

Coverage for GLP-1s approved to treat type 2 diabetes is not changing.

GLP-1 drugs prescribed to treat type 2 diabetes will continue to be covered, subject to prior authorization. This authorization requires a documented diagnosis of diabetes.

Commitment to Transparency

The Mayflower Municipal Health Group is dedicated to transparency and wants all members to understand this decision, the reasoning behind it, and the options available.

Appreciation for Members

MMHG values its members and appreciates their understanding during this transition period.

Resources

- [Virta](#)- Effective July 1, 2-26, Virta is an online, doctor-backed nutrition program combines personalized nutrition, expert medical support, and real-time data to help participants lose weight, lower blood sugar, and restore metabolic health. Participants can safely access GLP1 medications for weight loss through Virta and medication costs are the responsibility of the member.
- MMHG Wellness- Visit www.MMHG.org/wellness for a calendar of events and listing of wellness programs available at no cost to MMHG members, Programs include wellness challenges & incentives, newsletters & health content, webinars, fitness classes and more.
- [Savory Living](#)- A food-first, 12 session guided online behavior-change program that helps participants use food to take control of their health and how they feel. With step-by-step guidance and one-on-one coaching support, participants eat to reduce inflammation, discover the foods their body does best with and learn fast cooking & flavoring skills that make healthy eating simple.
- [Learn to Live](#)- A FREE confidential online mental health program available to all MMHG member unit employees and their family members. Learn to Live includes self-guided programs like stress management, anxiety, depression, sleep, substance use and trauma. The platform also provides optional personal coaching, live and on-demand webinars, mindful moment motivational text messages, and quick break exercises.
- Medicare GLP-1 Bridge program to help **eligible Medicare members** pay for certain GLP-1 weight loss medicines. Visit <https://www.medicare.gov/coverage/weight-loss-drugs> or call 1-800-MEDICARE (1-800-633-4227) for more information. Please note this program is not part of MMHG and is direct with Medicare.
- Blue Cross Blue Shield Members
 - [GLP1 Resource Link](#)
 - [Fitness Reimbursement Benefit](#)
 - [Weight Loss Reimbursement Benefit](#)
 - [Mind Body Reimbursement](#)
- Harvard Pilgrim Members
 - [GLP1 Resource Link](#)
 - [Wellness Reimbursement Benefit](#)
 - [Weight Management Reimbursement Benefit](#)
- Medicare Retirees (Medex 2)
 - [Fitness Reimbursement Benefit](#)
 - [Weight Loss Reimbursement Benefit](#)
- Medicare Retirees (Medicare Freedom RX PPO)
 - [Flex Card Benefit](#) (fitness, weight loss, rewards)