

WEIGHT MANAGEMENT FREQUENTLY ASKED QUESTIONS

Q. What weight management resources are available through my benefits?

A. The Cooperative offers comprehensive resources for weight management. To learn more about the programs and support offered through your benefits and ThriveOn, review the [Comprehensive Support for Weight Health brochure](#).

Q. Does the Cooperative cover GLP-1 medications, such as Wegovy or Zepbound, for weight management?

A. GLP-1s for weight management will no longer be covered under the plan effective January 1, 2027. Prescriptions filled through December 31, 2026 will be covered according to current plan provisions.

Q. Does the plan cover GLP-1 medications prescribed for diabetes or other medical conditions?

A. GLP-1 medications prescribed for diabetes, Metabolic Dysfunction-Associated Steatohepatitis (MASH), and to reduce the risk of Major Adverse Cardiovascular Events (MACE) are covered by the plan, subject to current plan provisions including prior authorization. Coverage for these medications is not terminating January 1, 2027. Current prescriptions for MASH or to reduce the risk of MACE will require a new Prior Authorization to be submitted to OptumRx for review on or after January 1, 2027.

Q. What is Prior Authorization (PA)?

A. Prior Authorization is an approval process requiring your doctor to provide information to OptumRx to show a medicine is medically necessary. For more information, review [What is a Prior Authorization?](#)

Q. Does the plan cover GLP-1 medications prescribed for sleep apnea?

A. No. GLP-1 medications prescribed for obstructive sleep apnea (OSA) are not covered.

Q. What should I do if I currently take a GLP-1 for weight management covered by the health plan?

A. Begin planning now. Discuss alternative treatment options with your health care provider. You are also encouraged to take advantage of the [weight management resources](#) provided through your benefits and ThriveOn. If you need assistance determining the best resource(s) for you or navigating those resources, contact your [Health Engagement Nurses](#) at 614.525.6773.

Q. Where can I get a GLP-1 if I can't get it through my pharmacy plan?

A. The options to obtain a GLP-1 for weight management are constantly changing and caution should be used when identifying a source or program for these medications.

If your health care provider has prescribed a GLP-1 for weight management, a popular option is obtaining directly from the manufacturer, such as Eli Lilly (LillyDirect) and Novo Nordisk (NovoCare). The price is set by the manufacturer and varies based upon dosage and formulation (injection or pill). Savings cards are often available to lower your out-of-pocket costs.

Weight Watchers Med+ (WW Med+) also helps members find the best priced medication fulfillment option by routing to manufacturer direct programs (LillyDirect, NovoCare).

Some telehealth platforms offer, safe, convenient access to GLP-1 prescriptions. Be skeptical of any program that doesn't require a medical evaluation prior to prescribing or programs that do not require a written prescription by a licensed health care professional. Compounded GLP-1s are not the same as FDA-approved brand-name GLP-1s and come with additional risks.

Q. What is WeightWatchers Med+ (WW Med+)?

A. **WW Med+** is designed to provide support for those taking or considering GLP-1 medications for weight management. A dedicated care team specializing in weight management can prescribe GLP-1 medications for weight management and help you identify an appropriate manufacturer savings program or lower cost medication alternative. The care team includes board-certified clinicians who safely manage dosages and progress. You must remain engaged with WW Med+ to receive medication prescribing.

Eligibility: Employees and spouses/domestic partners enrolled in the health plan. Must meet specific clinical criteria for participation.

Q. What is WeightWatchers Core+ (WW Core+)?

A. **WW Core+** is available to those who are looking to maintain or lose weight. The program helps build healthy habits one small change at a time, through key elements including community support, easy-to-use trackers, live workshops, and 24/7 support.

Eligibility: Available to all employees and their benefits-enrolled spouses/domestic partners.

Q. Can I use my Healthcare Flexible Spending Account (FSA) to purchase GLP-1 medications for weight management?

A. Yes. To be considered eligible, the GLP-1 must be prescribed to treat a specific condition rather than for general wellness. You must substantiate the claim as an eligible expense by submitting an itemized receipt and medical necessity form. The itemized receipt must include the patient's name, name of prescription, date of service, cost, and provider's name. [Medical Necessity Form](#).

Q. Can I use both WeightWatchers and Health Coaching?

A. Yes. WeightWatchers programs include a health coaching component. Health coaching is also available through ThriveOn. You can participate in both coaching options at the same time.

Q. Are nutrition consultations covered?

A. Yes. In-network nutrition counseling is covered 100% for anyone enrolled in the health plan. Additionally, nutrition consultations are available with ThriveOn's Wellness Consultant and Registered Dietitian (limited to 6 sessions per year). Learn more about [nutrition counseling and consultations](#).

Q. How can I connect with a Health Engagement Nurse?

A. You can reach your Health Engagement Nurses by calling **614.525.6773** during business hours or contact them directly by visiting the [Health Engagement Nurses](#) page.

Q. How can I connect with the Onsite EAP Consultant?

A. You can reach your onsite EAP Consultant by calling **614.525.6773** during business hours or by [booking an appointment](#).

Q. Who can I contact for additional questions?

A. Contact Human Resources – Benefits & Wellness by calling **614.525.5750** or by email at Benefits@franklincountyohio.gov.

Explore the full range of weight health resources available through the Cooperative health plan by clicking the button below.

Comprehensive Support for Weight Health