

April 28, 2026

PROVIDER ALERT: Changes to GLP-1 Coverage and Continuous Glucose Monitoring Policy

EFFECTIVE: June 1, 2026

Dear Provider,

This notice is to inform you of upcoming health plan coverage changes affecting GLP-1 receptor agonist medications and continuous glucose monitoring (CGM) devices. These changes will become effective June 1, 2026.

GLP-1 Coverage Policy Update

The health plan will implement updated step therapy requirements for GLP-1 medications used in the treatment of diabetes. Prior authorization approval and renewal periods will be 6 months.

Before approval of most GLP-1 therapies, members must meet the following criteria:

- Failure of metformin for at least 3 months (unless contraindicated or not tolerated)
- Failure of two additional non-GLP-1 diabetes medications
- Failure of liraglutide

Requests that do not meet these criteria may be denied unless clinical documentation demonstrates medical necessity or contraindication to the required therapies.

Continuous Glucose Monitoring (CGM) Policy Update

The health plan will transition to Dexcom as the exclusively covered CGM product.

- Members currently using Freestyle Libre will be required to transition to Dexcom CGM.
- Prior authorization is not required for this device change.
- Members and prescribing providers will receive notification regarding the transition.

Providers are encouraged to work with affected patients to facilitate the transition to Dexcom CGM and to ensure any new GLP-1 requests meet the updated step therapy criteria.

For questions concerning this Provider Alert, please contact the MedStar Family Choice DC Provider Customer Services Department, Monday through Friday, 8 a.m. to 5:30 p.m.

Telephone: **800-261-3371** Or Email: mfcdc-providerrelations@medstar.net

Sincerely,

Health Plan Clinical Pharmacy Team