



MEDICAL WEIGHT LOSS HRA

Client Review Document

Overview

The Medical Weight Loss HRA helps identify adults who may qualify for medical weight-management treatment using GLP-1 or GIP-GLP-1 medications.

This health-risk assessment combines body-mass index (BMI), health history, and risk factors to estimate whether someone could benefit from these medicines^{1,2,3}. It also asks about previous medication use, readiness for treatment, and possible insurance or cost concerns. Results are designed to guide follow-up conversations with a healthcare provider.

Main Scientific Basis

The Medical Weight Loss HRA is based on national medical guidelines and research from the American Diabetes Association (ADA), American Association of Clinical Endocrinologists (AACE), and the Endocrine Society. These organizations recommend GLP-1 and GIP-GLP-1 therapies for adults with obesity or type 2 diabetes who have not met goals through lifestyle changes alone^{1,2,3}. Guidance from the U.S. Preventive Services Task Force (USPSTF), National Institutes of Health (NIH), Centers for Disease Control and Prevention (CDC), and U.S. Department of Veterans Affairs (VA) also supports pairing medication with healthy behaviors for safe and effective weight management^{4,5,6,7}.

Product Description

The Medical Weight Loss HRA gathers key information—such as BMI, diabetes status, health conditions, medication use, and readiness for treatment—to estimate whether someone may qualify for GLP-1 or GIP-GLP-1 therapy. It also screens for possible safety risks, including thyroid cancer, pancreatitis, or pregnancy, and captures prior experience with these medications to guide safe re-use or alternative planning. The HRA provides one of three results—*Likely Eligible*, *Possibly Eligible*, or *Not Eligible*—each with follow-up messages to help users understand their results and next steps, including when to talk with a healthcare professional for confirmation and personalized care.

Primary Result

The primary result of the GLP-1 HRA shows whether a person is likely eligible, possibly eligible, or not eligible for GLP-1 or GIP-GLP-1 medication based on BMI, health conditions, and safety factors. The result also summarizes next steps for discussion with a healthcare professional.

Primary results are organized into the following categories:

Likely Eligible

People in this category meet the medical guidelines for GLP-1 or GIP-GLP-1 medication. This includes adults with a BMI of 30 or higher or those with type 2 diabetes. They are encouraged to speak with their provider about starting treatment and combining medication with healthy lifestyle changes.

Possibly Eligible

Individuals in this category have a BMI between 27 and 29 and at least one weight-related health condition—such as high blood pressure, high cholesterol, high blood sugar, prediabetes, acid reflux, osteoarthritis, PCOS, cardiovascular disease, nonalcoholic fatty liver disease, or sleep apnea—but need a clinical review before starting medication. They are advised to discuss their results with a healthcare provider to confirm whether this therapy is appropriate for them.

Not Eligible

People in this category either do not meet BMI thresholds or have health conditions that make GLP-1 medications unsafe at this time. Contraindications include a history of certain thyroid cancers, pancreatitis, severe gastrointestinal disease, kidney or liver problems, upcoming surgery, type 1 diabetes, diabetic eye disease or current pregnancy or breastfeeding. These users are directed to talk with a provider about alternative options for weight management or metabolic health.

Other Results

Along with eligibility status, the HRA provides a summary of each user's BMI and weight category, reported health conditions, previous GLP-1 use, and readiness for long-term therapy. It also highlights any potential cost or coverage considerations and reinforces that GLP-1 medications work best when combined with healthy nutrition, physical activity, sleep, and stress management habits.

About GLP-1/GIP-GLP-1 Eligibility

Eligibility for GLP-1 or GIP-GLP-1 medication is based on well-established medical standards for obesity and metabolic health. Adults aged 18 and older with a BMI of 30 kg/m² or higher, or a BMI of 27 kg/m² or higher with at least one related condition—such as high blood pressure, high cholesterol, sleep apnea, cardiovascular disease—may qualify for treatment^{1,2,3}.

People with type 2 diabetes may also be eligible because these medicines can improve blood-sugar control and reduce heart and metabolic risks, even at lower BMI levels^{1,2}. GLP-1 therapy is not recommended for those with a personal or family history of medullary thyroid cancer or MEN2, type 1 diabetes, pancreatitis, gallbladder disease, diabetic eye disease, advanced kidney or liver disease, upcoming surgery, or for people who are pregnant or breastfeeding^{3,7}.

Past use of GLP-1 medication is also considered. Restarting or continuing depends on how recently the medicine was used and why it was stopped—typically grouped as within 1 month, 1–3 months, 3–6 months, or more than 6 months^{1,7}. Because insurance coverage often depends on diagnosis and plan type, patients are encouraged to confirm eligibility and authorization requirements with their care team^{7,8}.

References

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