

GLP-1 Receptor Agonists

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Conflict of Interest Disclosures

Welcome to the Central Oregon Medical Society:

“Update on GLP-1 Medications”

With Dr. Laura Lacey, PharmD- Clinical Pharmacist

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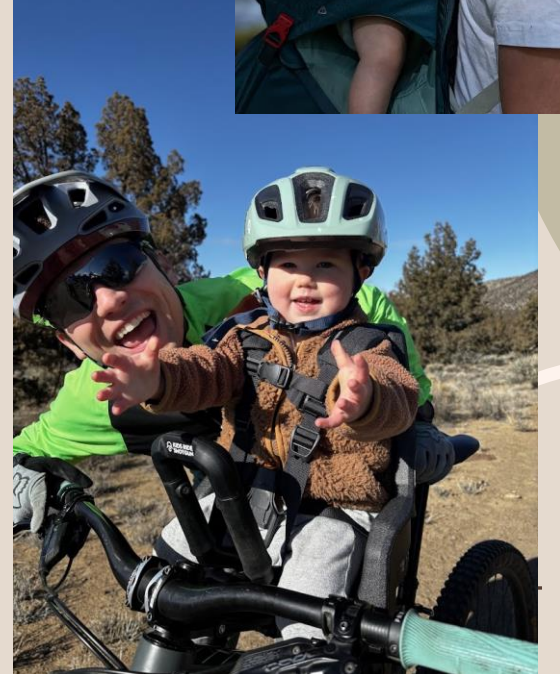
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About me



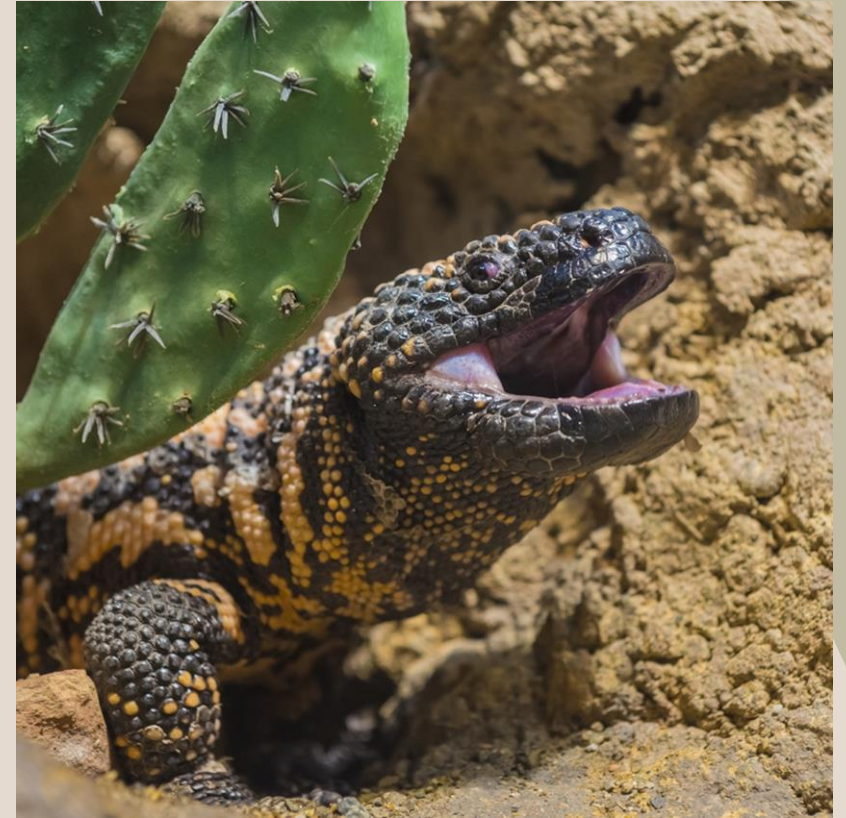


Outline

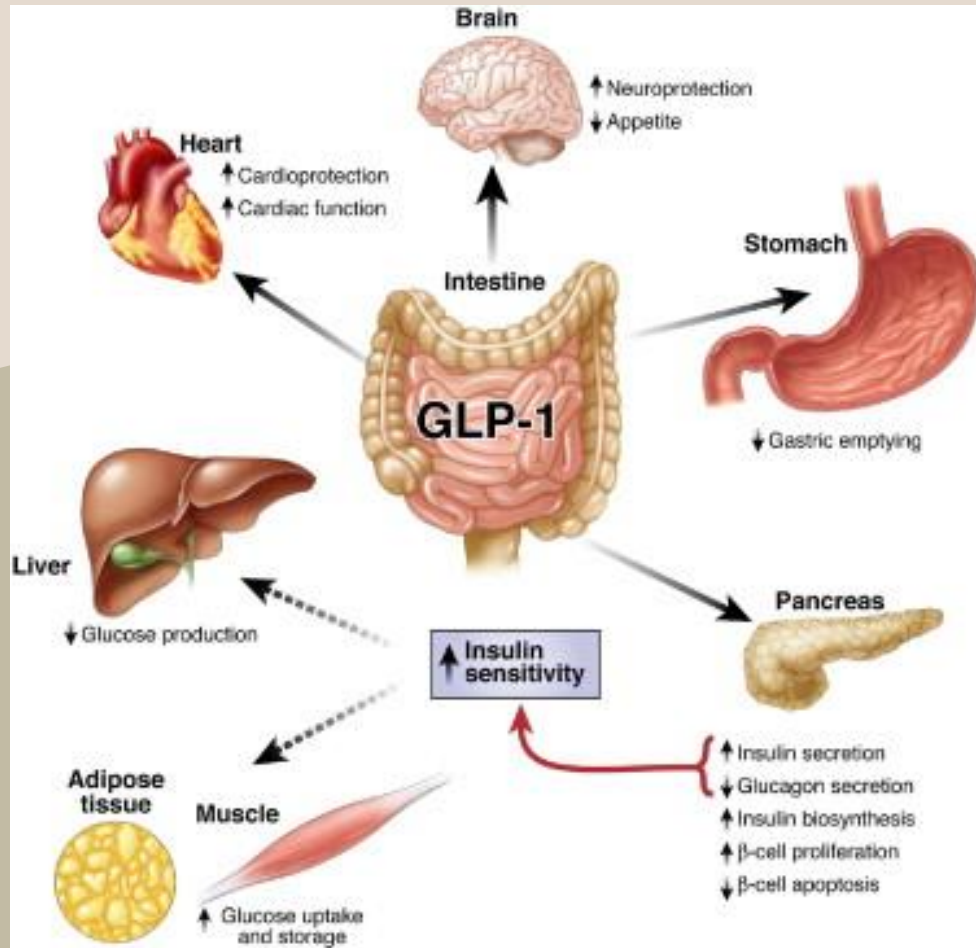
- Overview
- Demo pens
- Adverse effects and benefits
- Switching between agents
- Insurance coverage
- Cash pay options

Background

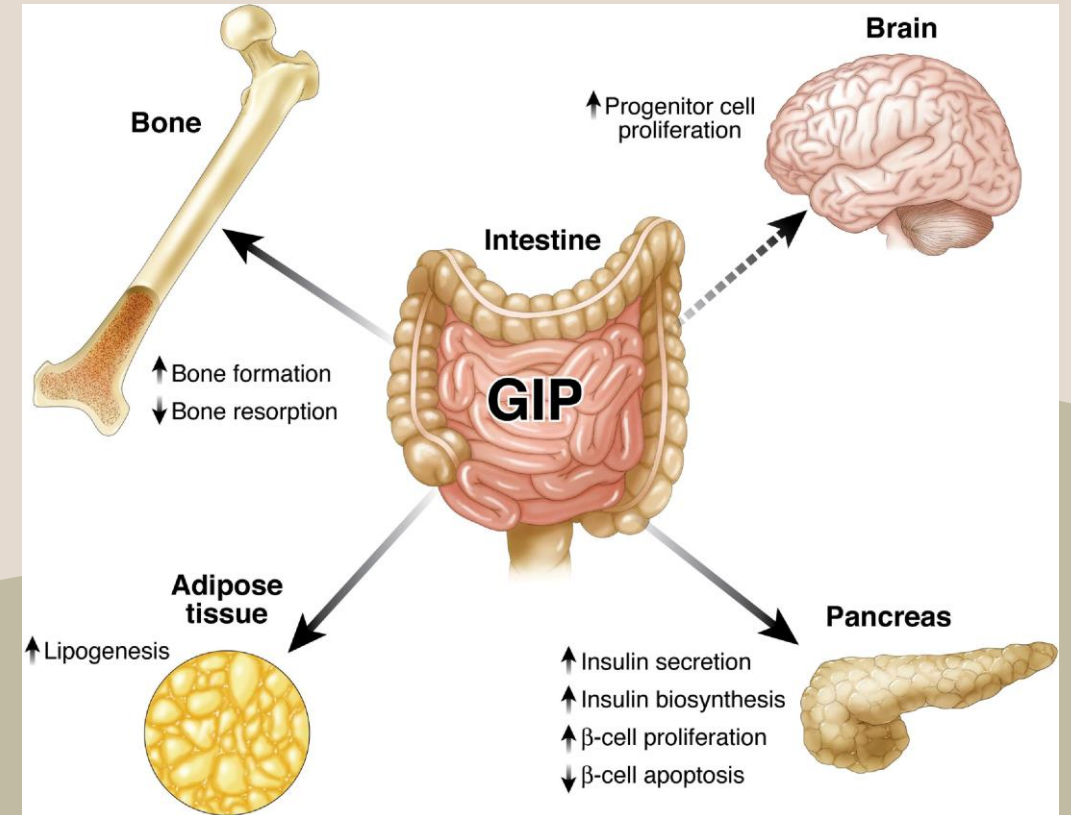
- Mid-1990s
 - Researchers from VA discovered/isolated a hormone from the venom of Gila Monster
 - Hormone, exendin-4, worked similarly to human hormone, GLP-1 but degraded much slower
 - Eventually developed into synthetic version, called exenatide
 - Later approved as Byetta and Bydureon



Mechanism of Action



MOA for GLP-1 Agonists



Additional MOA for tirzepatide

GLP-1 Agonists

- Liraglutide (Victoza, Saxenda)
- Semaglutide (Ozempic, Rybelsus, Wegovy)
- Dulaglutide (Trulicity)
- Orforglipron (Foundayo)



GIP/GLP-1 Agonists

- Tirzepatide (Mounjaro, Zepbound)



Demo Pens

Which for Which?

Type 2 Diabetes

- Liraglutide (Victoza)
- Dulaglutide (Trulicity)
- Semaglutide (Ozempic, Rybelsus)
- Tirzepatide (Mounjaro)

Weight Loss

- Semaglutide (Wegovy)
- Tirzepatide (Zepbound)
- Orflorglipron (Foundayo)
- Liraglutide (Saxenda)

Obstructive Sleep Apnea

- Tirzepatide (Zepbound)

Adverse Effects

- GI upset (bloating, nausea, diarrhea, constipation)
 - Usually worse with dose increases
 - Tips: titrate slowly, eat slowly, avoid high fat foods
- Alopecia
 - Multivitamin supplementation and fiber intake may help
- Muscle loss
 - Resistance training 3x weekly
 - Protein intake 80-120 g/day
- Pancreatitis
- Gallstones
- Worsening diabetic retinopathy
- Dysesthesia on higher dose Wegovy HD 7.2 mg weekly
- Evolving concern for long-term bone health

- BBW: Risk of thyroid C-cell tumors
 - Seen in rats
 - Contraindicated in patients with a personal or family history of MTC and in patients with multiple endocrine neoplasia syndrome type 2 (MEN 2)

Additional benefits

- MACE (non-fatal MI, non-fatal stroke, CV death)
- CKD
 - Ozempic injection- FDA indication based off landmark FLOW trial
- MASH
 - Wegovy injection- FDA approved (excludes cirrhotic patients)
- HFpEF with BMI ≥ 30 kg/m²
 - Semaglutide injection and tirzepatide



Generic	Brand	Formulation	Indication	Dosing	A1c ↓ ¹	Mean % Body Wt ↓ ¹	Additional Benefits
Liraglutide	Victoza	Multiuse Injection Pen	T2DM	Daily: 0.6 mg, 1.2 mg, 1.8 mg May increase weekly	1-1.5%	8%	MACE ² CKD
Dulaglutide	Trulicity	Auto-Injector	T2DM	Weekly: 0.75 mg, 1.5 mg, 3 mg, 4.5 mg May adjust monthly	1.5-1.8%	5%	MACE ² CKD
Semaglutide	Ozempic	Multiuse Injection Pen	T2DM	Weekly: 0.25 mg, 0.5 mg, 1 mg, 2 mg May adjust monthly	1.9-2.1%	15%	MACE ² CKD ² HFpEF
		Tablet ³	T2DM	Daily: 1.5 mg, 4 mg, 9 mg May adjust monthly	~1-1.5% ⁴	6-7%	MACE ²
	Rybelsus R1	Tablet ³	T2DM	Daily: 3 mg, 7 mg, 14 mg May adjust monthly	1-1.5%	3-5%	MACE ²
	Wegovy	Auto-Injector	Weight loss	Weekly: 0.25 mg, 0.5 mg, 1 mg, 2 mg, 7.2 mg May adjust monthly	~2% ⁴	15%	MACE ² CKD HFpEF
		Tablet ¹	Weight loss	Daily: 1.5 mg, 4 mg, 9 mg, 25 mg May adjust monthly	~1-1.5% ⁴	14% (on 25 mg daily)	MACE
Tirzepatide	Mounjaro	Auto-Injector	T2DM	Weekly: 2.5 mg, 5 mg, 7.5 mg, 10 mg, 12.5 mg, 15 mg May adjust monthly	2.1-2.3%	21%	MACE CKD HFpEF
	Zepbound	Vial ("solution") Auto-injector ("pen injector") Multiuse Injection Pen ("Kwikpen")	Weight loss OSA				
Orforglipron	Foundavo	Tablet ⁴	Weight loss	Daily: 0.8 mg, 2.5 mg, 5.5 mg, 9 mg, 14.5 mg, 17.2 mg May adjust monthly	1.5%	11%	Trials pending

¹At maximum FDA-approved dose

² FDA-Approved

³Must be taken with ≤ 4 oz water on empty stomach in AM. Wait 30 minutes before food, beverages, other medications

⁴Can be administered with or without food

Transitions

Agent	Dosing Route/Interval	Comparative Doses												
Tirzepatide	SC weekly							2.5 mg		5 mg	7.5 mg	10 mg	12.5 mg	15 mg
Orforglipron	PO daily	0.8 mg	2.5 mg	5.5 mg	9 mg	14.5 mg	17.2 mg							
Semaglutide	PO daily		1.5 mg			4 mg	9 mg	25 mg						
Semaglutide	SC weekly					0.25 mg	0.5 mg	1 mg	2 mg					7.2 mg
Dulaglutide	SC weekly					0.75 mg	1.5 mg	3 mg	4.5 mg					
Liraglutide	SC daily		0.6 mg			1.2 mg	1.8 mg							

Insurance Coverage

- Medicare
 - Will not cover weight loss medications (this will change 7/1/26)
 - Will cover GLP-1 agonists for T2DM (sometimes Zepbound for OSA with formulary exception)
- Commercial
 - Coverage varies
 - High-deductible plans are often barrier to accessing these meds
 - Eligible for copay cards



Insurance Coverage

(updated as of 6/3/26)

- Medicaid (Pacifisource Community Solutions)

Indication	Criteria
Type 2 Diabetes	Diagnosis of T2DM Recent A1c of $\geq 7\%$ Require trial of liraglutide x 12 weeks before covering any weekly GLP-1 agonists Exceptions (see below) CKD + T2DM MASH + T2DM
CKD + T2DM- Ozempic	Diagnosis of CKD and T2DM at risk of progression with ONE of the following: <ul style="list-style-type: none"> • eGFR > 50 AND UACR > 300 • eGFR 25-50 AND UACR > 100 Must also have documentation of being on max tolerated dose of ACE or ARB for ≥ 4 weeks and documented treatment failure or AE with SGLT-2 inhibitor
MASH + T2DM- Ozempic	Diagnosis of T2DM and noncirrhotic NASH or MASH with moderate to advanced (F2-F3) liver fibrosis confirmed by ONE of the following: <ul style="list-style-type: none"> • Conclusive result from a well-validated non-invasive test such as Fibroscan-AST, MAST, MEFIB • Liver biopsy (also required if non-invasive testing is inconclusive or other causes for liver disease has not been ruled out) Other causes for liver steatosis must be ruled out (alcohol, chronic hepatitis C, Wilson disease, drug-induced liver disease) Baseline lab values for AST/ALT must be obtained

Insurance Coverage

(updated as of 6/3/26)

- Medicaid (Pacifisource Community Solutions)

Indication	Criteria
Weight loss- Saxenda	<p>Patient age 12-20 years and Young Adults with Special Care Needs (YSCHN) + ONE of the following:</p> <ul style="list-style-type: none"> BMI \geq 35 kg/m² Weight \geq 120% of 95th percentile for age/sex
Obstructive Sleep Apnea- Zepbound	<p>Diagnosis of OSA with AHI \geq 15 on polysomnography or home sleep study + BMI \geq 30 kg/m²</p>
MACE Risk Reduction- Wegovy	<p>Must have BMI \geq 27 kg/m² + documented history of prior CV event defined as ONE of the following:</p> <ul style="list-style-type: none"> Myocardial infarction Stroke (ischemic or hemorrhagic) Symptomatic PAD such as intermittent claudication with ABI $<$ 0.85 at rest or history of peripheral arterial revascularization procedure <p>Must document in note “used in combination with caloric restriction (diet), increased physical activity, and behavioral modification”</p>
MASH- Wegovy	<p>Diagnosis of noncirrhotic NASH or MASH with moderate to advanced (F2-F3) liver fibrosis confirmed by ONE of the following:</p> <ul style="list-style-type: none"> Conclusive result from a well-validated non-invasive test such as Fibroscan-AST, MAST, MEFIB Liver biopsy (also required if non-invasive testing is inconclusive or other causes for liver disease has not been ruled out) <p>Other causes for liver steatosis must be ruled out (alcohol, chronic hepatitis C, Wilson disease, drug-induced liver disease)</p> <p>Baseline lab values for AST/ALT must be obtained</p>

Cash pay options- ZEPBOUND (updated as of 6/3/26)

Zepbound (tirzepatide) Self-Pay- INJECTION¹ <i>Available as Kwikpen or vial</i>	
Dosage	Price per Month
2.5 mg ²	\$299
5 mg	\$399
7.5 mg, 10 mg, 12.5 mg, 15 mg	\$449 ³

¹ Please visit <https://www.lilly.com/lillydirect/medicines/zepbound> for more information

² Starting dose and not approved for maintenance

³ Prescription must be refilled within 45 days of prior delivery for automatic savings

Vials available for home delivery through LillyDirect® Pharmacy or pick up from Walmart® Pharmacy

Kwikpens available for home delivery through LillyDirect® Pharmacy or pick up from pharmacy of choice

Cash pay options- WEGOVY (updated as of 6/3/26)

Wegovy (semaglutide) Self-Pay- INJECTION	
Dosage	Price per Month
0.25 mg/0.5 mL	\$199* for first two months, then \$349
0.5 mg/0.5 mL	\$199* for first two months, then \$349
1 mg/0.5 mL	\$349
1.7 mg/0.75 mL	\$349
2.4 mg/0.75 mL	\$349
7.2 mg/0.75 mL	\$399

*Patients new to Wegovy Savings Offer or NovoCare® Pharmacy pay \$199 for each month of 0.25 and 0.5 mg. Offer is for 2 monthly fills through 6/30/26, then \$349/month thereafter.

Available for home delivery through NovoCare® Pharmacy OR through local pharmacy

For home delivery, ask your provider to send a prescription to NovoCare® Pharmacy. You will receive a text message with follow-up instructions.

For pharmacy pickup, ask your provider to send a prescription to your local pharmacy that will accept manufacturer savings cards. Obtain your savings card online at <https://www.novocare.com/patient/medicines/wegovy/savings-offer.html> and bring to the pharmacy for pickup.

Cash pay options- WEGOVY (updated as of 6/3/26)

Wegovy (semaglutide) Self-Pay- TABLET

Must be dosed in the morning on empty stomach with no more than 4 oz water 30 min prior to medications/food/beverages

Dosage	Price per Month
1.5 mg	\$149
4 mg	\$149*
9 mg	\$299
25 mg	\$299

*Offer only available through 8/31/26, then \$199/month thereafter

Available for home delivery through NovoCare® Pharmacy OR through local pharmacy

For home delivery, ask your provider to send a prescription to NovoCare® Pharmacy. You will receive a text message with follow-up instructions.

For pharmacy pickup, ask your provider to send a prescription to your local pharmacy that will accept manufacturer savings cards. Obtain your savings card online at <https://www.novocare.com/patient/medicines/wegovy/savings-offer.html> and bring to the pharmacy for pickup.

Cash pay options- FOUNDAYO *(updated as of 4/21/26)*

Foundayo (orforglipron) Self-Pay- TABLET¹ <i>Available as daily oral tablet (no food/water administration restrictions)</i>	
Dosage	Price per Month
0.8 mg	\$149
2.5 mg	\$199
5.5 mg, 9 mg, 14.5 mg ² , 17.2 mg ²	\$299

¹ Please visit <https://www.lilly.com/lillydirect/medicines/foundayo> for more information

² Prescription must be refilled within 45 days of prior delivery for automatic savings. If prescription is not refilled within 45 days, regular prices will apply (\$349 for 14.5 mg and 17.2 mg)

Available only for home delivery through LillyDirect® Pharmacy

Medicare GLP-1 Bridge Program

- Pilot program that will provide eligible Medicare beneficiaries access to certain GLP-1 agonists indicated for weight loss beginning 7/1/26
- Copay will be flat \$50/30 day supply yearlong. This copay will NOT go toward patient's deductible and/or OOP cost.
- Patient must be enrolled in standalone Part D plan or Med Advantage plan that offers prescription coverage
- Eligible drugs:
 - Wegovy (tablet or injection)
 - Foundayo (tablet)
 - Zepbound (Kwikpen only)

Medicare GLP-1 Bridge Program

Eligibility Criteria- Must meet one of the following:

1. Patient \geq 18 years + BMI \geq 35
2. Patient \geq 18 years + BMI \geq 30 + one of the following:
 - HFpEF
 - Uncontrolled HTN with BP $>$ 140/90 despite concurrent treatment with \geq 2 antihypertensives
 - CKD 3a or above
3. Patient \geq 18 years + BMI \geq 27 + one of the following:
 - Prediabetes
 - Previous MI
 - Previous stroke
 - Symptomatic PAD

[Link to FAQs](#)

Compounded Online GLP-1 Agonists

- Both ADA/AACE recommend against using non-FDA-approved compounded GLP-1 RA products
- Risks:
 - No USP monographs exist to guide compounding of semaglutide or tirzepatide
 - Inaccurate concentrations, impurities, trace metals, residual solvents, contamination
 - Administration errors- higher risk of overdose
 - Online vendors collecting payment without delivering product

What to Tell Patients

- Use only FDA-approved products
- If cost is a barrier
 - Patient assistance programs (Ozempic and Trulicity for DM only)
 - Copay cards for commercial patients
 - Medicare GLP-1 Bridge Program after 7/1
- Report adverse events to FDA MedWatch if using compounded products

Retatrutide

- Investigational triple receptor agonist (GIP, GLP-1, glucagon)
- Currently in Phase 3 clinical development by Eli Lilly
- Studied for obesity, type 2 diabetes, and MASH
- Promising results so far:
 - Obesity (Phase 2)- 24% mean weight reduction at 48 weeks
 - T2DM (Phase 2)- 2.2% A1c reduction at 36 weeks
 - MASLD (Phase 2a substudy)- ~80% liver fat reduction at 24 weeks



thank you

LAURA LACEY

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- OR
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2 PM



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5 PM



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