

The Benefits of GLP-1-based Medications

Glucagon-Like Peptide-1 (GLP-1) and Glucose-Dependent Insulinotropic Polypeptide (GLP-1/GIP RA) Receptor Agonists

Have you been prescribed one of these medications?

GLP-1 RA

- Dulaglutide (Trulicity)
- Liraglutide (Victoza)
- Semaglutide (Ozempic)
- Semaglutide (Rybelsus)

GLP-1/GIP RA

- Tirzepatide (Mounjaro)

GLP-1-based meds help your hormones lower blood sugar when you eat and signal that you are full.

Did you know that these medications can do more than help lower your blood sugar? Other benefits include:

- Weight loss
- Lowers the risk of heart attack and stroke
- Lowers the risk of worsening kidney disease
- Lowers the risk of worsening liver disease, also called metabolic dysfunction-associated steatohepatitis

How is the medication taken?

Most GLP-1-based meds are injected (weekly or daily) under the skin on your stomach – for some you do NOT even see the needle!

See our How-To Video Series to learn about GLP-1-based med injections: michmed.org/JQzJw



Rybelsus is an oral tablet that must be taken with only 4 ounces of water exactly 30 minutes prior to eating any food or drink, or taking other oral medications (including thyroid medication). If taken more or less than 30 minutes before medication, food or drink, Rybelsus may not be as effective.

Are there any drug interactions?

Mounjaro (Tirzepatide) may decrease the effectiveness of oral birth control. Please talk to your health care team about adding a barrier method or switching birth control. This interaction only applies to Mounjaro.



What side effects might you experience?

Mild stomach or intestinal side effects* are the most common and usually improve or go away in about 1-2 months.

- Nausea or vomiting
- Worsening acid reflux
- Diarrhea or constipation
- Stomach discomfort/cramping
- Skin reaction at site of injection



How can I lessen or avoid side effects?

- GLP-1-based meds may make you feel full sooner. Listen to your body. Stop eating when you feel full.
- Eat smaller meals
- Avoid eating within 1-2 hours of going to bed
- Avoid fatty, greasy, or spicy foods
- Drink plenty of water daily
- Monitor your blood sugar if on insulin or glipizide, glyburide, or glimepiride. Your health care team may adjust these medications if your blood sugar is too low.



When should I call my health care team?

If you experience:

- Blurred vision
- Severe stomach pain, nausea or vomiting
- Upper stomach pain, that moves to your back, with or without fever
- Unexplained, frequent low blood sugars (less than 70mg/dL)
- If you are scheduled for surgery and need to hold your GLP-1-based meds

*NOTE: These are the most common side effects. You may not experience any of these side effects. Please talk to your health care team if you have other concerns about side effects.

This handout should not be used as a substitute for medical advice from your health care team. It is your responsibility to review information provided by your pharmacy and consult with your doctor or health care team member prescribing these medications with any questions about your medication.

Affording GLP-1-based Medications

For more diabetes resources for patients:
mct2d.org/patients

Commercial Insurance

GLP-1-based medications are generally covered, but insurance may not cover all medications. Check with your insurance to see which are covered and tell your health care team. **MCT2D Coverage Guide:** michmed.org/jmKmn You may have a copay. Use the link at bottom of page to find a copay savings card that may lower your out-of-pocket cost.

If you have a high deductible plan, you will have to pay the full cost of the medication until your deductible is met.

Medicare Part D

You may have a copay. Copay savings cards cannot be used with Medicare insurance. Talk to your doctor about Patient Assistance Programs. Patients with an annual income of less than \$50,000 may be able to get the medication for free.

Michigan Medicaid

A least one of these medications will be covered by your insurance. These medications do not have a generic version. Check with your insurance to see which medication is preferred. This will have the lowest out-of-pocket cost to you.

How much does the medication cost?

If you are not sure what the medication will cost, contact your health insurance company. Ask them the following questions:

What is/are my plans preferred GLP-1-based medications?

How much is my copay for this medication?

What is my deductible for medications, and have I met it?

Deductible: \$ _____ Currently met: \$ _____

Is a 90-day supply available? Yes No

What is my preferred local pharmacy?

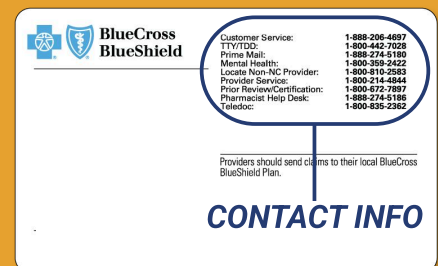
What is my preferred mail order pharmacy?

Are the medications I am on currently preferred? Yes No

Find your insurance company contact information on the back of your insurance card.

If you cannot locate your card, you can search the web for your insurance company's phone number.

EXAMPLE CARD BACK



Medication Copay Savings Card
Programs Reference Guide
michmed.org/dJJk5



Patient Assistance Program
(PAP) Guide
michmed.org/kQQRy

