



AmeriHealth Caritas[™]
New Hampshire

To: AmeriHealth Caritas New Hampshire Providers
Date: November 16, 2023
Subject: Therapeutic duplication on Glucagon-Like Peptide-1 (GLP-1) Receptor Antagonists and Dipeptidyl Peptidase IV (DPP-4) Inhibitors

Summary: We are adding a therapeutic duplication on Glucagon-Like Peptide-1 (GLP-1) Receptor Antagonists and Dipeptidyl Peptidase IV (DPP-4) Inhibitors. This will prohibit members from being able to fill both medications at the same time without a Prior Authorization.

Glucagon-Like Peptide-1 (GLP-1) Receptor Antagonists and Dipeptidyl Peptidase IV (DPP-4) Inhibitors: Concurrent use of GLP-1 receptor agonists and DPP-4 inhibitors will be considered duplicate therapy by the plan.

Why we are making this change:

Agents in these two classes work via similar mechanisms of action, and research has not shown additive effects on glucose lowering when used together. Additionally, use of these classes of agents together are not supported in the American Diabetes Association (ADA) guidelines.

What this means for you:

Providers should review patient therapy and:

- select **one** of these agents for glucose control in their patients, or
- submit a prior authorization to the plan and provide clinical justification for concurrent use.

References:

American Diabetes Association. 9. Pharmacologic Approaches to Glycemic Treatment: Standards of Medical Care in Diabetes-2020. *Diabetes Care*. 2020;43(Suppl 1):S98-S110. doi:10.2337/dc20-S009

Nauck MA, Kahle M, Baranov O, Deacon CF, Holst JJ. Addition of a dipeptidyl peptidase-4 inhibitor, sitagliptin, to ongoing therapy with the glucagon-like peptide-1 receptor agonist liraglutide: A randomized controlled trial in patients with type 2 diabetes. *Diabetes Obes Metab*. 2017;19(2):200-207. doi:10.1111/dom.12802

Wexler DJ, Nathan DM and Mulder JE, eds. Management of persistent hyperglycemia in type 2 diabetes mellitus. UpToDate. Waltham, MA: UpToDate Inc. <http://www.uptodate.com>.

Questions:

If you have questions about this communication, please contact your Provider Account Executive or the Provider Services department at **1-888-599-1479**.