



Friendswood Family Medicine

Patient Information Packet: GLP-1 Medications

Welcome

This packet provides an overview of what to expect when starting a GLP-1 medication for weight management. It explains the steps involved, timelines, insurance requirements, and follow-up appointments.

1. Insurance Coverage Requirements

Step 1: Contact Your Insurance

Before we can begin treatment, **you must contact your insurance provider** to determine whether GLP-1 medications are covered under your plan.

Please ask your insurance:

- Is this GLP-1 medication covered under my plan?
 - Do I need prior authorization?
- Are there any out-of-pocket costs or deductibles?
 - Are there preferred alternatives?

Having this information helps prevent delays.

2. If Your Insurance Covers the Medication

Prior Authorization Process

Most insurances require a **prior authorization (PA)** before they will approve a GLP-1 prescription.

- The prior authorization process **typically takes up to 72 hours** after submission.
 - Some insurance plans may take **longer**, depending on internal review procedures.
 - Additional information or documentation may be requested by your insurance, which can extend the timeline.
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3. If Your Insurance Does NOT Cover the Medication

If your insurance denies coverage or does not include GLP-1 medications in your plan, we can submit a prescription for a **compounded GLP-1 medication** instead.



Compounded Medication Timeline

- The compounding pharmacy process may take **several weeks** from submission to delivery.
 - Delays may occur due to pharmacy processing times, product availability, or shipping.
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4. Treatment Timeline & Follow-Up Visits

After Starting the Medication

You will be scheduled for a **follow-up appointment 1 month** after starting your GLP-1 medication. This visit allows your provider to:

- Assess your response to the medication
 - Review any side effects
 - Adjust your dose if needed

Ongoing Follow-Up

After the first month, follow-up appointments are typically scheduled **every 1 to 3 months**, depending on:

- Your progress
- Dose adjustments
- Provider preference
- Any concerns or questions you may have

Regular monitoring ensures you receive safe and effective care throughout your treatment.

5. What You Can Do to Help the Process Move Smoothly

- Contact your insurance promptly.
 - Respond quickly to any requests for additional information.
 - Notify us if your insurance changes.
 - Attend follow-up appointments as scheduled.
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6. Contact Information

If you have any questions regarding your medication, insurance status, or follow-up appointments, please contact our office.

Call: 281.485.9034

Text: 281.626.8240

Patient Portal: Send us a message