

Chronic Weight Management Medications

Frequently Asked Questions for Weight Management Medication Prescribers

September 2026

VA Pharmacy Services and National Formulary Committee

1. ARE WEIGHT MANAGEMENT MEDICATIONS ONLY PRESCRIBED BY MOVE! PROVIDERS OR CAN THEY BE PRESCRIBED BY ANY PROVIDER?

- Weight management medications may be prescribed by any credentialed provider. There are no restrictions for a particular provider type to prescribe any of the weight management medications. The restriction of the chronic weight management medications to Prior Authorization at the Facility level (i.e., PA-F) refers to the *process* for facility implementation of the National Criteria for Use (CFU). The National CFU for the chronic weight management medications do not restrict to any specific provider or service. Facilities are not permitted to modify National CFU and should not impose local restrictions on who may prescribe weight management medications.

2. ARE THERE ANY LIMITATIONS TO PRESCRIBING A WEIGHT MANAGEMENT MEDICATION BASED ON A PROVIDER'S CLINICAL PRACTICE SETTING?

- There are no restrictions on prescribing the chronic weight management medications based on the provider's clinical practice location. Facilities should not impose local restrictions on who may prescribe weight management medications or in what setting this must occur.

3. DOES THE PATIENT NEED TO BE SEEN IN MOVE! OR ANOTHER COMPREHENSIVE LIFESTYLE INTERVENTION BEFORE A WEIGHT MANAGEMENT MEDICATION CAN BE PRESCRIBED?

- All Inclusion Criteria for use of the chronic weight management medications includes verifiable participation in a comprehensive lifestyle intervention (CLI) that targets all three aspects of weight management (behavioral, dietary, and physical activity components). Weight management medications can be initiated at any time during participation in MOVE! or another CLI. Medications are often initiated once a patient is actively participating in CLI but may also be initiated contemporaneously based on provider-patient shared decision making.
- Participation in a CLI is an essential component to overall weight management. Use of weight management medications should be prescribed in conjunction with CLI.
- Veterans who have documentation of CLI participation within the past year on at least one occasion (as part of a course of intervention) are eligible for consideration of a weight management medication according to the National CFU. The intent is to allow for use in patients who may be at the initial period of their CLI, as well as those who have completed a weight management program that meets criteria for a CLI within the past year.

4. DOES THE PATIENT NEED TO CONTINUE TO BE SEEN IN MOVE! OR ANOTHER COMPREHENSIVE LIFESTYLE INTERVENTION IN ORDER TO CONTINUE A WEIGHT MANAGEMENT MEDICATION?

- Ideally, patients should continue to actively participate in an ongoing CLI; however, it is understood that ongoing CLI tailored to the individual's needs may be valuable for assisting patients to achieve and maintain long-term weight management goals. Medications should be monitored and discontinued if initial weight loss goals (e.g., per prescribing information) are not achieved. Patients who achieve their long-term weight loss goals should be offered ongoing support and periodic reassessment of their treatment plan, as clinically indicated.

5. IS A SITE ALLOWED TO MODIFY NATIONAL CRITERIA FOR USE?

- According to the VHA National Formulary Process Directive 1108.08, National CFU are not allowed to be modified at the local or VISN level. Although National CFU are intended to apply to the majority of Veteran patients, individual patient circumstances may need to be taken into consideration. This is noted in the following statement in all National CFU: *THE CLINICIAN SHOULD USE THIS GUIDANCE AND INTERPRET IT IN THE CLINICAL CONTEXT OF THE INDIVIDUAL PATIENT. INDIVIDUAL CASES THAT ARE EXCEPTIONS TO THE EXCLUSION AND INCLUSION CRITERIA SHOULD BE ADJUDICATED AT THE LOCAL FACILITY ACCORDING TO THE POLICY AND PROCEDURES OF ITS P&T COMMITTEE AND PHARMACY SERVICES.*