



Comprehensive Obesity Management Program

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MEDICAL WEIGHT LOSS (MWL) PROGRAM GUIDELINES

Please read each section prior to your appointment. Please let us know if you have any questions or need clarification on any item.

1. Pre-Appointment Information:

Please have a recent blood pressure, heart rate, and weight for your appointment. You will be called prior to your appointment by a staff member to obtain this information. This is required to refill certain prescriptions. If you don't have a home blood pressure cuff, consider a free check at your local pharmacy, or submit a recent doctor's reading (within 2 weeks).

2. Medication Eligibility:

Ozempic (semaglutide) and Mounjaro (tirzepatide) require a Type 2 Diabetes diagnosis for coverage. This will require obtaining documentation to submit to your insurance. Pre-diabetes, gestational diabetes, PCOS, and obesity alone do not qualify.

Wegovy (semaglutide), Zepbound (tirzepatide), Saxenda (liraglutide), Phentermine, Qsymia (phentermine/topiramate), and Contrave (bupropion/naltrexone) are FDA-approved for obesity and weight loss, but coverage depends on your insurance carrier or employer. Please contact your insurance provider before your appointment to confirm eligibility.

3. Phentermine Cost Assistance:

If your insurance doesn't cover Phentermine, consider using the coupon code from GoodRx.com for cost savings (prescription cost is typically \$10-\$15 per month).

4. Body Mass Index (BMI) Requirements:

All weight-loss medications require a minimum BMI of 27 at the initial appointment. You can calculate your BMI online.

Once your BMI falls below 27, medication continuation will be reviewed individually, as insurance coverage may be affected. We encourage continued follow-up with our dietitians and annual COMP visits for weight maintenance.

5. BMI and Comorbidity Requirements:

A BMI of 27-29.9 requires at least one obesity-related comorbidity (e.g., diabetes, hypertension) for medication eligibility. This does not apply for BMIs of 30 or higher.

6. Follow-up Appointments:

Regular follow-up appointments are required for medication refills and progress monitoring. We require virtual appointments every 3 months with the COMP office once you are at your target dose and at least every 6 months with a dietitian.



7. Prior Authorizations:

Obtaining prior authorization may delay medication availability for up to a week. We will assist you through this process.

8. Primary Care/Annual Appointments:

New patients must have had a recent annual appointment with their primary care provider (within the last two years) along with lab work before their initial consultation. Continued participation in our program will require maintaining annual appointments with your primary care provider.

For patients who have had bariatric surgery at COMP, completion of your annual post-operative appointment is required for program participation. Please keep your scheduled appointments to ensure continued program eligibility.

9. Pharmacy and Prescriptions:

All prescriptions are for FDA-approved and regulated medications. Your prescription will be sent to a retail pharmacy of your choice. We do not offer compounded medications, prescriptions to compounded pharmacies, on-site medication administration, or prescriptions outside of the country.