

## Health Plan Knowledge About Coverage for Weight Loss Medications Is Lacking

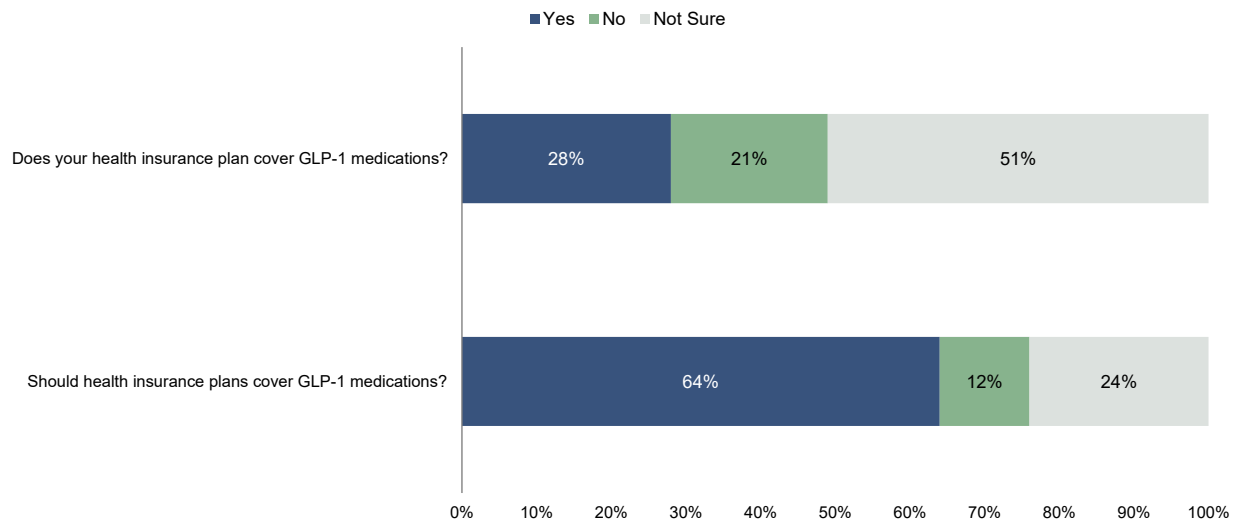
The Employee Benefit Research Institute (EBRI)/Greenwald Research [Consumer Engagement in Health Care Survey](#) found that among private health plan enrollees, most do not know if their health plan covers weight loss medications, but think it should.

One type of weight loss medication receiving a lot of attention lately is GLP-1s. GLP-1 stands for glucagon-like peptide-1; it is a naturally occurring hormone in the body that plays several important roles, primarily in regulating blood sugar and appetite. GLP-1s are typically administered via injection, although an oral form is also available. They have gained significant attention due to their effectiveness in managing blood sugar and promoting weight loss, with additional cardiovascular benefits in some individuals.

One-half of private health plan enrollees were unsure as to whether their health plan provides coverage for GLP-1s. Just over one-quarter (28 percent) reported that their health plan covers GLP-1s, while one-fifth said that the plan does not provide coverage.

Yet most people thought that health plans should cover GLP-1 medications. Nearly two-thirds (64 percent) thought they should be covered, while 12 percent did not think they should be covered. One-quarter were unsure if GLP-1s should be covered.

Figure 1  
Public Opinion About Health Insurance and GLP-1s



Source: Employee Benefit Research Institute and Greenwald Research, 2024 Consumer Engagement in Health Care Survey.

Despite the fact that most individuals think GLP-1s should be covered by health insurance, most employers do not provide such coverage. According to KFF, only 18 percent of employers with 200 or more employees cover GLP-1s when used primarily for weight loss.<sup>1</sup> And among those that do provide coverage, some impose certain conditions or requirements on enrollees before approving coverage for GLP-1s. One-quarter of these employers require employees to meet with a professional — such as a dietitian, psychologist, case worker, or therapist — before approving a GLP-1 drug prescription.

More information about the EBRI/Greenwald Research Consumer Engagement in Health Care Survey can be found [online](#).

The 2024 Consumer Engagement in Health Care Survey is an online survey of 2,011 Americans ages 21–64 with private health insurance coverage. It was fielded between October and November 2024. The survey is made possible with funding support from the following organizations: Blue Cross Blue Shield Association, CareFirst, The Cigna Group, HealthEquity, Inspira Financial, Johnson & Johnson, Segal, TIAA, and Wex.

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<sup>1</sup> See <https://www.kff.org/report-section/ehbs-2024-section-13-employer-practices-provider-networks-coverage-for-glp-1s-abortion-and-family-building-benefits>.