Clinical Policy: Phentermine (Adipex-P, Lomaira)
Reference Number: CP.PMN.135
Effective Date: 05.01.17
Last Review Date: 05.18
Line of Business: Commercial, HIM*

See Important Reminder at the end of this policy for important regulatory and legal information.

Description
Phentermine (Adipex-P®, Lomaira™) is a sympathomimetic amine with pharmacologic activity similar to the amphetamines.

*For Health Insurance Marketplace (HIM), Lomaira is non-formulary and cannot be approved using these criteria; refer to the formulary exception policy, HIM.PA.103.

FDA Approved Indication(s)
Adipex-P and Lomaira are indicated in the management of exogenous obesity as a short term adjunct (a few weeks) in a regimen of weight reduction based on exercise, behavioral modification and caloric restriction in the management of exogenous obesity for patients with an initial body mass index (BMI) of:
- 30 kg/m² or greater (obese), or
- 27 kg/m² or greater (overweight) in the presence of at least one weight-related comorbidity such as hypertension, type 2 diabetes mellitus, or dyslipidemia.

The limited usefulness of agents of this class, including Adipex-P and Lomaira, should be measured against possible risk factors inherent in their use.

Policy/Criteria
Provider must submit documentation (such as office chart notes, lab results or other clinical information) supporting that member has met all approval criteria.

It is the policy of health plans affiliated with Centene Corporation® that Adipex-P and Lomaira are medically necessary when the following criteria are met:

I. Initial Approval Criteria
   A. Weight Management (must meet all):
      1. Member meets one of the following (a or b):
         a. BMI ≥ 30 kg/m²;
         b. BMI ≥ 27 kg/m² with at least one indicator of increased cardiovascular risk (e.g., coronary artery/heart disease, hypertension, dyslipidemia, diabetes, elevated waist circumference) or other obesity-related medical condition (e.g., sleep apnea);
      2. Age > 16 years;
      3. Pregnancy test within the past 30 days is negative;
      4. Dose does not exceed one of the following (a or b):
         a. Adipex-P: 37.5 mg per day (1 capsule per day);
b. Lomaira: 24 mg per day (3 tablets per day).

Approval duration:
HIM - Adipex-P for 12 weeks *(Refer to HIM.PA.103 for Lomaira)*
Commercial - 12 weeks

B. Other diagnoses/indications
1. Refer to the off-label use policy for the relevant line of business if diagnosis is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized): CP.CPA.09 for commercial and HIM.PHAR.21 for health insurance marketplace.

II. Continued Therapy
A. Weight Management (must meet all):
   1. Currently receiving medication via Centene benefit or member has previously met initial approval criteria;
   2. BMI ≥ 25 kg/m²;
   3. Member is responding positively to therapy as evidenced by weight loss from baseline;
   4. Total treatment duration does not exceed 12 weeks;
   5. If request is for a dose increase, new dose does not exceed:
      a. Adipex-P: 37.5 mg per day (1 capsule per day);
      b. Lomaira: 24 mg per day (3 tablets per day).

Approval duration:
HIM - Adipex-P for up to 12 weeks total *(Refer to HIM.PA.103 for Lomaira)*
Commercial - Up to 12 weeks total

B. Other diagnoses/indications (must meet 1 or 2):
   1. Currently receiving medication via Centene benefit and documentation supports positive response to therapy.
      Approval duration: Duration of request or 12 weeks (whichever is less); or
   2. Refer to the off-label use policy for the relevant line of business if diagnosis is NOT specifically listed under section III (Diagnoses/Indications for which coverage is NOT authorized): CP.CPA.09 for commercial and HIM.PHAR.21 for health insurance marketplace.

III. Diagnoses/Indications for which coverage is NOT authorized:
A. Non-FDA approved indications, which are not addressed in this policy, unless there is sufficient documentation of efficacy and safety according to the off-label use policies – CP.CPA.09 for commercial and HIM.PHAR.21 for health insurance marketplace or evidence of coverage documents.

IV. Appendices/General Information
*Appendix A: Abbreviation/Acronym Key*
BMI: body mass index
FDA: Food and Drug Administration
Appendix B: Therapeutic Alternatives
Not applicable

Appendix C: General Information
- BMI = 703 x [weight (lbs)/height (inches)^2]
- Examples of coronary artery/heart disease include: coronary artery bypass graft, angina, history of myocardial infarction or stroke.

V. Dosage and Administration

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Dosing Regimen</th>
<th>Maximum Dose</th>
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<tbody>
<tr>
<td>Phentermine (Adipex-P)</td>
<td>15-37.5 mg PO QD</td>
<td>37.5 mg/day</td>
</tr>
<tr>
<td>Phentermine (Lomaira)</td>
<td>8 mg PO TID</td>
<td>24 mg/day</td>
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VI. Product Availability

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Availability</th>
</tr>
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<tbody>
<tr>
<td>Phentermine</td>
<td>Capsules: 15 mg, 30 mg, 37.5 mg</td>
</tr>
<tr>
<td>Phentermine (Adipex-P)</td>
<td>Capsule: 37.5 mg</td>
</tr>
<tr>
<td></td>
<td>Tablet: 37.5 mg</td>
</tr>
<tr>
<td>Phentermine (Lomaira)</td>
<td>Tablet: 8 mg</td>
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VII. References

Reviews, Revisions, and Approvals

<table>
<thead>
<tr>
<th>Policy</th>
<th>Date</th>
<th>P&amp;T Approval Date</th>
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<tbody>
<tr>
<td>created</td>
<td>01.17</td>
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<tr>
<td>2Q 2018 annual review: no significant change from previously approved corporate policy; policies combined for Centene marketplace and commercial lines of business; HIM: Added coronary artery/heart disease as an example of cardiovascular risk indicator; modified approval duration from 6 weeks to 12 weeks; Commercial: removed required trial of Xenical for consistency with management of</td>
<td>02.12.18</td>
<td>05.18</td>
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**Clinical Policy**  
**Phentermine**

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<td>other stimulants; removed requirement for documentation of baseline weight; for re-auth; added requirement that member is responding positively to therapy as evidenced by weight loss from baseline and that BMI must be ( \geq 25 \text{ kg/m}^2 ); references reviewed and updated.</td>
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**Important Reminder**

This clinical policy has been developed by appropriately experienced and licensed health care professionals based on a review and consideration of currently available generally accepted standards of medical practice; peer-reviewed medical literature; government agency/program approval status; evidence-based guidelines and positions of leading national health professional organizations; views of physicians practicing in relevant clinical areas affected by this clinical policy; and other available clinical information. The Health Plan makes no representations and accepts no liability with respect to the content of any external information used or relied upon in developing this clinical policy. This clinical policy is consistent with standards of medical practice current at the time that this clinical policy was approved. “Health Plan” means a health plan that has adopted this clinical policy and that is operated or administered, in whole or in part, by Centene Management Company, LLC, or any of such health plan’s affiliates, as applicable.

The purpose of this clinical policy is to provide a guide to medical necessity, which is a component of the guidelines used to assist in making coverage decisions and administering benefits. It does not constitute a contract or guarantee regarding payment or results. Coverage decisions and the administration of benefits are subject to all terms, conditions, exclusions and limitations of the coverage documents (e.g., evidence of coverage, certificate of coverage, policy, contract of insurance, etc.), as well as to state and federal requirements and applicable Health Plan-level administrative policies and procedures.

This clinical policy is effective as of the date determined by the Health Plan. The date of posting may not be the effective date of this clinical policy. This clinical policy may be subject to applicable legal and regulatory requirements relating to provider notification. If there is a discrepancy between the effective date of this clinical policy and any applicable legal or regulatory requirement, the requirements of law and regulation shall govern. The Health Plan retains the right to change, amend or withdraw this clinical policy, and additional clinical policies may be developed and adopted as needed, at any time.

This clinical policy does not constitute medical advice, medical treatment or medical care. It is not intended to dictate to providers how to practice medicine. Providers are expected to exercise professional medical judgment in providing the most appropriate care, and are solely responsible for the medical advice and treatment of members. This clinical policy is not intended to recommend treatment for members. Members should consult with their treating physician in connection with diagnosis and treatment decisions.
Providers referred to in this clinical policy are independent contractors who exercise independent judgment and over whom the Health Plan has no control or right of control. Providers are not agents or employees of the Health Plan.

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Note:

For Health Insurance Marketplace members, when applicable, this policy applies only when the prescribed agent is on your health plan approved formulary. Request for non-formulary drugs must be reviewed using the formulary exception policy.

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