



AmeriHealth Caritas[™]
District of Columbia

To: AmeriHealth Caritas DC Providers

Date: January 29, 2024

Subject: Drug Utilization Review – Duplicate Therapy Notification: Glucagon-Like Peptide-1 (GLP-1) Receptor Antagonists & Dipeptidyl Peptidase IV (DPP-4) Inhibitors

Dear Provider:

AmeriHealth Caritas District of Columbia (DC)'s records indicate that at least one of your patients is currently prescribed both a glucagon-like peptide-1 (**GLP-1**) receptor agonist and a dipeptidyl peptidase-4 (**DPP-4**) inhibitor.

GLP-1 agonists and DPP-4 inhibitors control blood glucose by targeting the incretin system in the body. GLP-1 agonists act as an "incretin mimetic" and DPP-4 inhibitors prevent the breakdown of endogenous incretin. Unlike endogenous incretin, GLP-1 analogues are not broken down by the DPP-4 enzyme, and therefore using these medications concomitantly yields no additional benefit and may increase your patient's risk of side effects. This is backed by current guidelines from the American Diabetes Association (ADA) and the American Association of Clinical Endocrinologists (AACE), which do not support combination therapy of GLP-1 agonists and DPP-4 inhibitors due to a lack of added clinical benefit.

Given the variety of approved and recommended combinations for diabetes treatment, dual therapy would not be recommended with drugs that offer little or no clinical benefit. Please assess and consider a change in therapy (i.e. discontinuing one of these agents and optimizing the dose of the other, or adding an alternative agent) as appropriate.

GLP-1 Agonists
<ul style="list-style-type: none">• Bydureon (exenatide extended release)• Byetta (exenatide immediate release)• Mounjaro (tirzepatide)• Ozempic (semaglutide)• Rybelsus (semaglutide)• Trulicity (dulaglutide)• Victoza (liraglutide)• Xultophy (insulin degludec/liraglutide)

DPP-4 Inhibitors
<ul style="list-style-type: none">• Januvia (sitagliptin)• Nesina (alogliptin)• Onglyza (saxagliptin)• Tradjenta (linagliptin)

Clinical Practice Guidelines

- ADA, "Standards of care in Diabetes - 2023," January 2023
- AACE/ACE "Consensus statement on the comprehensive Type 2 Diabetes Management Algorithm - 2023 executive summary," January 2023

Thank you for your continued support and commitment to the care of our enrollees. If you have questions about this communication, please contact your Provider Account Executive or call Provider Services at 202-408-2237.

Sincerely,
AmeriHealth Caritas DC Pharmacy Team