National Integrative Health

NIH · GLP-1 PROGRAM MANAGEMENT

NIH manages all GLP-1 access and cost.

Who qualifies, which products are covered, how members stay on track and what every fill costs, managed in one place.

GLP-1 medications are now one of the fastest-growing lines in plan pharmacy spend. National Integrative Health (NIH) helps the plan control both sides of that cost: access and price. NIH builds and enforces the plan's rules for who qualifies, keeps members on the preferred product at the matched dose, monitors every refill, and locks in a fixed, all-in price per fill, so GLP-1 spend stays predictable.

How NIH manages GLP-1 access and cost

Formulary design

- Single-manufacturer or multi-product formulary
- The preferred product for each ingredient, at the matched dose
- Step therapy and prior authorization rules aligned to the plan's criteria
- Plan design and SPD language to support the program

Eligibility management

- Plan-set clinical criteria for initial approval and continuation
- NIH documents and enforces the criteria
- Coordination with prescribers and the plan's clinicians
- Only approved members are activated

Engagement management

- One NIH Patient Advocate for each member
- One-month fills and refill monitoring, because dosing changes often
- Continuation reviews and no-fill cutoffs keep the program focused
- Adherence follow-up so therapy doesn't lapse

Pricing and reporting

- Commercial-direct GLP-1 pricing through NIH's national GLP-1 partnership
- Fixed, all-in price per 30-day fill with no rebate dependency
- Tightening the criteria doesn't raise the unit price
- Utilization, cost and outcome reporting for the plan

Design options

Coverage criteria
Set by the plan, narrow or broad

Member cost share
Optional flat monthly contribution, applied the same way to every member

Telehealth
Optional, enabled for the whole group

Fulfillment
Retail pickup or home delivery, by product

Find Out Where Your Plan Has Been Overspending.

Contact us to see if your plan qualifies for a free Repricing Analysis.

FREE REPRICING ANALYSIS

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National Integrative Health (NIH) provides managed care services designed to support lower-net-cost pharmacy and medical outcomes. NIH facilitates clinical care coordination efforts only when clinically appropriate and in collaboration with treating providers. Results vary based on plan profile, contracts and plan terms.

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Predictable GLP-1 cost at any scale.

Fixed pricing means the plan can tighten or loosen its rules without the unit cost moving.

What it can mean at scale

36%
lower cost per utilizer than the incumbent carrier's standard estimate

57%
lower cost per utilizer than the incumbent's risk-managed estimate

$11.5–$25.8M
projected annual savings at full member take-up

Modeled for a labor health and welfare fund covering about 21,000 lives (2026), de-identified and rounded. A preliminary modeled estimate, not an actuarial certification or a guarantee of savings for any group.

Why the gap holds: under a rebate-based model, tighter eligibility criteria can raise the unit cost, because fewer fills qualify for rebates. NIH's price is fixed per fill, so the plan's clinical rules and its cost move in the same direction.

How the program runs

1. **Design**
   The plan chooses criteria, formulary, cost share and telehealth
2. **Review**
   NIH documents each member's eligibility against the criteria
3. **Activate**
   Approved members start therapy with their Patient Advocate
4. **Manage**
   Refills, continuation reviews and plan reporting

Fits the rest of your NIH program

Inside an MSO Plan Audit
GLP-1 lines are priced and managed with every other high-cost medication.

As a stand-alone program
Plans can start with GLP-1 management alone and add specialty and infusion later.

Funded by specialty savings
Savings from specialty and infusion management can help pay for GLP-1 coverage.

How the member experiences it: one NIH Patient Advocate, a clear explanation of what the plan covers, prescriber coordination handled for them, and refill reminders so therapy doesn't lapse.

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