

Before You Start a GLP-1

Insurance-denial and medication record checklist · Print and keep with your denial letter

Save before your first dose

- ☐ Dated weight and height recorded in a medical chart, including baseline BMI.
- ☐ Health form and visit note, preferably from the clinician's chart.
- ☐ Insurance denial letter and the policy rule cited by the plan.
- ☐ Itemized receipts and pharmacy labels.
- ☐ Exact medicine name, whether compounded or branded, dose, pharmacy, and start date.
- ☐ Earlier records showing diet, activity, or required treatment history.

Write down your current route

Denial reason / policy rule:

Product and dose:

Dispensing pharmacy or manufacturer:

Last dose date:

Appeal deadline:

Next question for the prescriber:

Safety note

Do not overlap semaglutide products or convert vial units yourself. Give the new prescriber the exact product, concentration, dose, and last-dose date. This checklist is informational and does not guarantee coverage or prescribe treatment.