



## Drug Coverage Policy

Effective Date..... 12/1/2024  
Coverage Policy Number ..... IP0698  
Policy Title.... Symlin for Individual and  
Family Plans

# Diabetes – Symlin for Individual and Family Plans

- Symlin® (pramlintide subcutaneous injection – AstraZeneca)

### **INSTRUCTIONS FOR USE**

*The following Coverage Policy applies to health benefit plans administered by Cigna Companies. Certain Cigna Companies and/or lines of business only provide utilization review services to clients and do not make coverage determinations. References to standard benefit plan language and coverage determinations do not apply to those clients. Coverage Policies are intended to provide guidance in interpreting certain standard benefit plans administered by Cigna Companies. Please note, the terms of a customer's particular benefit plan document [Group Service Agreement, Evidence of Coverage, Certificate of Coverage, Summary Plan Description (SPD) or similar plan document] may differ significantly from the standard benefit plans upon which these Coverage Policies are based. For example, a customer's benefit plan document may contain a specific exclusion related to a topic addressed in a Coverage Policy. In the event of a conflict, a customer's benefit plan document always supersedes the information in the Coverage Policies. In the absence of a controlling federal or state coverage mandate, benefits are ultimately determined by the terms of the applicable benefit plan document. Coverage determinations in each specific instance require consideration of 1) the terms of the applicable benefit plan document in effect on the date of service; 2) any applicable laws/regulations; 3) any relevant collateral source materials including Coverage Policies and; 4) the specific facts of the particular situation. Each coverage request should be reviewed on its own merits. Medical directors are expected to exercise clinical judgment and have discretion in making individual coverage determinations. Coverage Policies relate exclusively to the administration of health benefit plans. Coverage Policies are not recommendations for treatment and should never be used as treatment guidelines. In certain markets, delegated vendor guidelines may be used to support medical necessity and other coverage determinations.*

## Cigna Healthcare Coverage Policy

### **OVERVIEW**

Symlin, an antihyperglycemic agent, is indicated as an adjunctive treatment in patients with **type 1 or type 2 diabetes** who use mealtime insulin therapy and who have failed to achieve desired glucose control despite optimal insulin therapy.<sup>1</sup>

## Guidelines/Consensus Statements

The American Diabetes Association Standards of Care (2024) do not provide a specific recommendation for use of Symlin in type 1 or type 2 diabetes and the American Association of Clinical Endocrinology (AACE) consensus statement of the comprehensive management of type 2 diabetes does not provide a recommendation for use of Symlin.<sup>2,4</sup> The AACE and American College of Endocrinology guidelines for developing a comprehensive care plan (2022) recommend adding a glucagon-like peptide-1 agonist, a sodium glucose co-transporter-2 inhibitor, or Symlin (less commonly used) to reduce postprandial hyperglycemia, hemoglobin A<sub>1c</sub>, and weight in individuals with type 2 diabetes who are treated with basal-bolus insulin therapy.<sup>3</sup>

## Medical Necessity Criteria

**Symlin is considered medically necessary when the following criteria are met:**

### FDA-Approved Indication

- 1. Diabetes Mellitus, Type 1 or Type 2.** Approve for 1 year if the medication is prescribed in adjunct to insulin therapy.

When coverage is available and medically necessary, the dosage, frequency, duration of therapy, and site of care should be reasonable, clinically appropriate, and supported by evidence-based literature and adjusted based upon severity, alternative available treatments, and previous response to therapy.

Receipt of sample product does not satisfy any criteria requirements for coverage.

## Conditions Not Covered

Any other use is considered experimental, investigational, or unproven, including the following (this list may not be all inclusive; criteria will be updated as new published data are available):

- 1. Weight Loss Treatment.** American Association of Clinical Endocrinologists/American College of Endocrinology obesity clinical practice guidelines (2016) comment that Symlin may lead to modest weight loss in diabetic patients but do not comment on a role for Symlin in management of obesity in non-diabetic patients.<sup>5</sup> Guidelines from the American Gastroenterological Association (2022) do not address Symlin for weight loss.<sup>6</sup> Other pharmacotherapies are available and indicated for weight loss.

## References

1. Symlin® subcutaneous injection [prescribing information]. Wilmington, DE: AstraZeneca; December 2019.
2. American Diabetes Association. Standards of care in diabetes – 2024. *Diabetes Care*. 2024;47(Suppl 1): S1-S321.
3. Samson SL, Vellanki P, Blonde L, et al. American Association of Clinical Endocrinology Consensus Statement - comprehensive type 2 diabetes management algorithm – 2023 update. *Endocr Pract*. 2023; 29:205-340.
4. Blonde L, Umpierrez GE, Reddy SS et al. American Association of Clinical Endocrinology clinical practice guideline: developing a diabetes mellitus comprehensive care plan – 2022 update. 2022;28(10):923-1049.

5. Garvey WT, Mechanick JI, Brett EM, et al. American Association of Clinical Endocrinologist and American College of Endocrinology comprehensive clinical practice guidelines for medical care of patients with obesity. *Endocr Pract.* 2016;22 Suppl 3:1-203.
6. Grunvald E, Shah R, Hernaez R, et al; AGA Clinical Guidelines Committee. AGA Clinical Practice Guideline on Pharmacological Interventions for Adults with Obesity. *Gastroenterology.* 2022;163(5):1198-1225.

## Revision Details

Type of Revision	Summary of Changes	Date
New	New policy.	12/1/2024

The policy effective date is in force until updated or retired.

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