



## PRIOR AUTHORIZATION POLICY

**POLICY:** Growth Disorders – Ngenla Prior Authorization Policy

- Ngenla® (somatrogen-ghla subcutaneous injection – Pfizer)

**REVIEW DATE:** 06/18/2025; selected revision 08/13/2025

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### 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 WHERE APPROPRIATE AND HAVE DISCRETION IN MAKING INDIVIDUAL COVERAGE DETERMINATIONS. WHERE COVERAGE FOR CARE OR SERVICES DOES NOT DEPEND ON SPECIFIC CIRCUMSTANCES, REIMBURSEMENT WILL ONLY BE PROVIDED IF A REQUESTED SERVICE(S) IS SUBMITTED IN ACCORDANCE WITH THE RELEVANT CRITERIA OUTLINED IN THE APPLICABLE COVERAGE POLICY, INCLUDING COVERED DIAGNOSIS AND/OR PROCEDURE CODE(S). REIMBURSEMENT IS NOT ALLOWED FOR SERVICES WHEN BILLED FOR CONDITIONS OR DIAGNOSES THAT ARE NOT COVERED UNDER THIS COVERAGE POLICY (SEE "CODING INFORMATION" BELOW). WHEN BILLING, PROVIDERS MUST USE THE MOST APPROPRIATE CODES AS OF THE EFFECTIVE DATE OF THE SUBMISSION. CLAIMS SUBMITTED FOR SERVICES THAT ARE NOT ACCOMPANIED BY COVERED CODE(S) UNDER THE APPLICABLE COVERAGE POLICY WILL BE DENIED AS NOT COVERED. 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 NATIONAL FORMULARY COVERAGE:

### OVERVIEW

Ngenla, a human growth hormone (hGH) product, is indicated for the treatment of **growth failure due to inadequate secretion of growth hormone (GH)** in pediatric patients  $\geq 3$  years of age.<sup>1</sup>

### Disease Overview

Ngenla is a hGH analog, which is made up of the amino acid sequence of hGH with an added three copies of the C-terminal peptide of human chorionic gonadotropin.<sup>1</sup> The addition of the C-terminal peptides leads to a longer half-life. Ngenla binds to the GH receptor, which initiates changes in growth and metabolism. In children with GH deficiency (GHD), somatropin is effective for increasing final adult height.<sup>2</sup> Somatropin therapy is recommended to normalize adult height and prevent extreme shortness in children and adolescents with GHD. In addition to congenital causes, hypopituitarism may also be caused by radiation therapy; somatropin may be used to improve final height of children who have undergone radiation.<sup>3,4</sup>

## Guidelines

A consensus statement from international experts was recently published (2025) regarding long-acting GH therapy.<sup>12</sup> The authors note that lonapegsomatropin, somapacitan, and somatrogen have all demonstrated noninferiority to daily somatropin for efficacy (i.e., annualized height velocity) in pediatric GHD. They also state that the safety profile of long-acting products is comparable to that of daily somatropin. It is noted that given the unique pharmacokinetic and pharmacodynamic profile and molecular weight of each formulation, the weight-based dosing calculation is different for each product and direct milligram dose comparisons are not appropriate.

Some guidelines do not specifically address Ngenla. Neither the Pediatric Endocrine Society guidelines for children and adolescents with GHD<sup>2</sup> (2016) nor the GH Research Society guidelines on children with short stature<sup>11</sup> (2019) recommend a specific GH product for GHD. Guidelines recommend the use of GH to normalize adult height and prevent extreme shortness in pediatric patients with GHD.

## POLICY STATEMENT

Prior Authorization is recommended for prescription benefit coverage of Ngenla. All reviews will be directed to a clinician (i.e., pharmacist or nurse) for verification of criteria. All approvals are provided for the duration noted below. Because of the specialized skills required for evaluation and diagnosis of patients treated with Ngenla as well as monitoring required for adverse events and long-term efficacy, initial approval requires the medication to be prescribed by or in consultation with a physician who specializes in the condition being treated. hGH is FDA-approved for treatment of a limited number of conditions. The FDA has not approved the use of hGH as therapy for anti-aging, longevity, or cosmetic or performance enhancement. Federal law prohibits the dispensing of hGH for non-approved purposes. A pharmacy's failure to comply with that law could result in significant criminal penalties to the pharmacy and its employees. Accordingly, a pharmacy may decline to dispense prescriptions for hGH when written by a physician or other authorized prescribers who they believe may be involved in or affiliated with the fields of anti-aging, longevity, rejuvenation, cosmetic, performance enhancement, or sports medicine.

• **Ngenla® (somatrogen-ghla subcutaneous injection - Pfizer)**  
**is(are) covered as medically necessary when the following criteria is(are) met for FDA-approved indication(s) or other uses with supportive evidence (if applicable):**

## FDA-Approved Indication

**1. Growth Hormone Deficiency in a Pediatric Patient ( $\geq 3$  years of age to  $< 18$  years of age).** Approve for 1 year if the patient meets ONE of the following (A or B):

**A) Initial Therapy with any Growth Hormone Agent.** Approve if the patient meets ONE of the following (i, ii, iii, iv, or v):

**i.** Patient meets BOTH of the following (a and b):

**a)** Patient meets at least ONE of the following [(1) or (2)]:

**(1)** Patient has had at least two growth hormone stimulation tests performed with any of the following agents: levodopa, insulin-induced hypoglycemia, arginine, clonidine, or glucagon AND the peak growth hormone response to both tests are < 10 ng/mL; OR

**(2)** Patient meets BOTH of the following [(a) and (b)]:

**(a)** Patient has had at least one growth hormone stimulation test performed with any of the following agents: levodopa, insulin-induced hypoglycemia, arginine, clonidine, or glucagon AND the peak growth hormone response to at least one test is < 10 ng/mL; AND

**(b)** Patient has at least one risk factor for growth hormone deficiency; AND

Note: Examples of at least one risk factor for growth hormone deficiency includes: the height for age curve has deviated downward across two major height percentiles (e.g., from above the 25<sup>th</sup> percentile to below the 10<sup>th</sup> percentile); the child's growth rate is less than the expected normal growth rate based on age and gender; low insulin-like growth factor (IGF)-1 and/or IGFBP-3 levels; the child has a very low peak growth hormone level on provocative testing as defined by the prescribing physician; the child's growth velocity is less than the 10<sup>th</sup> percentile for age and gender (height velocity percentile is NOT the same as height-for-age percentile); the patient is status post craniopharyngioma resection; the patient has optic nerve hypoplasia; the patient has a growth hormone gene deletion; AND

**b)** The medication has been prescribed by or in consultation with an endocrinologist; OR

**ii.** Patient has undergone brain radiation or tumor resection AND meets BOTH of the following (a and b):

**a)** Patient meets at least ONE of the following [(1) or (2)]:

**(1)** Patient meets BOTH of the following [(i) and (ii)]:

**(i)** Patient has had one growth hormone stimulation test with any of the following agents: levodopa, insulin-induced hypoglycemia, arginine, clonidine, or glucagon; AND

**(ii)** The peak growth hormone response to at least one test is < 10 ng/mL; OR

**(2)** Patient has a deficiency in at least one other pituitary hormone (i.e., adrenocorticotrophic hormone, thyroid-stimulating hormone, gonadotropin [luteinizing hormone and/or follicle stimulating hormone deficiency are counted as one deficiency], or prolactin); AND

**b)** The medication has been prescribed by or in consultation with an endocrinologist; OR

- iii. Patient has congenital hypopituitarism AND meets BOTH of the following (a and b):
  - a) Patient meets at least ONE of the following [(1), (2), or (3)]:
    - (1) Patient meets BOTH of the following [(i) and (ii)]:
      - (i) Patient has had one growth hormone stimulation test with any of the following agents: levodopa, insulin-induced hypoglycemia, arginine, clonidine, or glucagon; AND
      - (ii) The peak growth hormone response to at least one test is < 10 ng/mL; OR
    - (2) Patient has a deficiency in at least one other pituitary hormone (i.e., adrenocorticotrophic hormone, thyroid-stimulating hormone, gonadotropin [luteinizing hormone and/or follicle stimulating hormone deficiency are counted as one deficiency], or prolactin); OR
    - (3) Patient has the imaging triad of ectopic posterior pituitary and pituitary hypoplasia with abnormal pituitary stalk; AND
  - b) The medication has been prescribed by or in consultation with an endocrinologist; OR
- iv. Patient has multiple pituitary hormone deficiencies and meets BOTH of the following (a and b):
 

Note: Growth hormone deficiency may occur in combination with other pituitary hormone deficiencies and is referred to as hypopituitarism, panhypopituitarism, or multiple pituitary hormone deficiency.

  - a) Patient meets at least ONE of the following [(1) or (2)]:
    - (1) Patient has three or more of the following pituitary hormone deficiencies: somatotropin (growth hormone), adrenocorticotrophic hormone, thyroid-stimulating hormone, gonadotropin (luteinizing hormone and/or follicle stimulating hormone deficiency are counted as one deficiency), and prolactin; OR
    - (2) Patient meets BOTH of the following [(i) and (ii)]:
      - (i) Patient has had one growth hormone stimulation test with any of the following agents: levodopa, insulin-induced hypoglycemia, arginine, clonidine, or glucagon; AND
      - (ii) The peak growth hormone response to at least one test is < 10 ng/mL; AND
  - b) The medication has been prescribed by or in consultation with an endocrinologist; OR
- v. Patient has had a hypophysectomy (surgical removal of pituitary gland); OR
- B) Patient is Currently Receiving Ngenla or is switching to Ngenla from another Growth Hormone Agent (Patient has been established on either therapy for  $\geq$  10 months). Approve if the patient meets ONE of the following (i or ii):
  - i. Patient is < 12 years of age: Patient's height has increased by  $\geq$  2 cm/year in the most recent year; OR
  - ii. Patient is  $\geq$  12 years of age and < 18 years of age: Patient meets BOTH of the following (a and b):
    - a) Patient's height has increased by  $\geq$  2 cm/year in the most recent year; AND

b) Patient's epiphyses are open.

## CONDITIONS NOT COVERED

• **Ngenla® (somatrogen-ghla subcutaneous injection - Pfizer)** is(are) considered not medically necessary for ANY other use(s) including the following (this list may not be all inclusive; criteria will be updated as new published data are available):

- 1. Athletic Ability Enhancement.**<sup>5</sup> Somatropin and related agents are not FDA-approved for athletic performance enhancement or for body building in non-athletes. Federal law prohibits the distribution or dispensing of somatropin or related agents for non-FDA approved uses.
- 2. Central Precocious Puberty (CPP).** Children with precocious puberty are often treated with gonadotropin releasing hormone (GnRH) agonists (Lupron® [leuprolide acetate injection]) to suppress pituitary gonadal activity, to slow the advancement of bone age (prevent premature fusion of the epiphyseal growth plates), and to improve adult height. In some patients GnRH agonist therapy may result in marked deceleration of bone velocity and may result in adult height that is less than the mid-parental height. Small and nonrandomized studies have demonstrated a significant improvement in final adult height over pre-treated predicted adult height in patients treated with GnRH agonist and growth hormone as compared with patients treated with GnRH agonist alone. However, larger randomized studies are lacking, and routine use of growth hormone in this setting is not recommended.<sup>6,7</sup>
- 3. Congenital Adrenal Hyperplasia (CAH).**<sup>8,9</sup> The Endocrine Society clinical practice guidelines on CAH due to steroid 21-hydroxylase deficiency recommend against the use of experimental treatment approaches outside of formally approved clinical trials.<sup>9</sup> Children with predicted adult height standard deviation  $\leq -2.25$  may be considered for growth-promoting treatments in appropriately controlled trials.
- 4. Constitutional Delay of Growth and Puberty.** These children have delayed skeletal maturation and pubertal development. Administering somatropin does not increase adult height (which is usually normal).<sup>10</sup> Short-term androgen therapy accelerates growth and the rate of pubertal advancement in boys.

## REFERENCES

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4. Isfan F, Kanold J, Merlin E, et al. Growth hormone treatment impact on growth rate and final height of patients who received HSCT with TBI or/and cranial irradiation in childhood: a report from the French Leukaemia Long-Term Follow-Up Study (LEA). *Bone Marrow Transplant*. 2012;47:684-693.
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## HISTORY

Type of Revision	Summary of Changes	Review Date
New Policy	--	07/26/2023
Selected Revision	<b>Growth Hormone Deficiency in a Pediatric Patient (≥ 3 years of age to &lt; 18 years of age):</b> Criterion that specified the result of a growth hormone stimulation test to be < 10 ng/mL was added. Criterion that the stimulation test shows an inadequate response as defined by a peak response below the normal reference range as determined by the testing laboratory was removed.	11/01/2023
Early Annual Revision	<b>Growth Hormone Deficiency in a Pediatric Patient (≥ 3 years of age to &lt; 18 years of age):</b> Examples of risk factors for growth hormone deficiency were moved into a note.	06/12/2024
Annual Revision	<b>Growth Hormone Deficiency in a Pediatric Patient (≥ 3 years of age to &lt; 18 years of age):</b> The wording "at least" was added to the requirement for two growth hormone stimulation tests < 10 ng/mL. Updated the wording "Patient has been evaluated by an endocrinologist" to "The medication has been prescribed by or in consultation with an endocrinologist."	06/18/2025
Selected Revision	The following statement in the Policy Statement was updated to include a clinician nurse: "All reviews will be directed to a clinician (i.e., pharmacist or nurse) for verification of criteria."	08/13/2025

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