

Transportation • Communications • International Union
Los Angeles County Metropolitan Transportation Authority
Health & Welfare Trust Fund

Administered By: Benefit Programs Administration
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www.tcu-mtawelfare.org

January 2026

To: Eligible Participants Enrolled in the Transportation Communications International Union
– Los Angeles County Metropolitan Transportation Authority Health & Welfare Trust
Fund

From: The Board of Trustees

Re: Kaiser Permanente – Expansion of GLP-1 Weight Loss Medication Coverage for 2026

Dear Eligible Participant,

Why am I receiving this Notice?

This notice is to advise you of a new benefit being added to the Kaiser Permanente medical plan offered through the Transportation Communications International Union – Los Angeles County Metropolitan Transportation Authority Health & Welfare Trust Fund.

How does this Notice Affect Me?

Effective January 1, 2026, Kaiser Permanente will expand coverage for GLP-1 weight loss medications as part of your medical and prescription drug benefits under the Kaiser plan for non-Medicare members on the retiree plan and Full-Time employees, their dependents and Part-Time employees. Under the expanded coverage, GLP-1 weight loss medications can now be covered by Kaiser for members with a body mass index below 40 when medically necessary and prescribed by your physician. Prior to this benefit change, members who were prescribed this type of drug for weight loss only, with no other qualifying medical issues, and a Body Mass Index of less than 40, had to pay the full cost of the prescription. This new benefit reduces that cost to the applicable copay only.

What Are GLP-1 Medications?

GLP-1 medications help regulate appetite and support weight loss. They are commonly prescribed for individuals who meet certain health criteria and are part of a long-term approach to weight management under medical supervision.

Common examples include:

- **Wegovy (semaglutide)**

- **Saxenda (liraglutide)**
- **Zepbound (tirzepatide)**

These medications can assist with weight loss when combined with healthy eating and lifestyle changes.

What do I need to do?

You are NOT required to take any action. The expanded benefit coverage will take effect automatically. Questions regarding this change can be directed to the Administrative Office at (800) 427-5342 or (562) 463-5090.

Sincerely

The Board of Trustees