

ALASKA

Alaska Department of Administration (DOA) – Retirement & Benefits

Clinical Weight Management	Employee Incentive Program	
<p><u>Prevention, Assessment, & Intervention</u> ¹⁶</p> <p>Preventive Counseling:</p> <ul style="list-style-type: none"> - Covers preventive screening and counseling services to aid in weight reduction (max 26/year; up to 10 for health diet counseling) <p>Nutritional Counseling:</p> <ul style="list-style-type: none"> - Covered as a preventive benefit <p>Behavioral Therapy:</p> <ul style="list-style-type: none"> - DOA covered expenses for the non-surgical treatment of obesity are limited to initial medical history, physical exam (w/ diagnostic tests), and preventive obesity counseling <p><u>Pharmacotherapy</u> ¹⁷</p> <ul style="list-style-type: none"> - DAO typically excludes coverage for drugs used for treatment of obesity, but may cover if medically necessary; see Aetna policy - Desoxyn only included in formulary <p><u>Bariatric Surgery</u> ¹⁸</p> <p>Covered: YES</p> <ul style="list-style-type: none"> - Prior authorization required; see Precertification Information Request form for guidance on coverage criteria <p><i>NOTE: Other than benefits specified here, DOA does not cover surgical procedures, medical treatments, weight control/loss programs, dietary regimens or supplements, appetite suppressants, medications, exercise programs, exercise equipment, or other services and supplies primarily intended to control weight or treat obesity, regardless of comorbid conditions.</i></p>	<p><u>AlaskaCare Employee Wellness Program</u> ¹⁹</p> <p><i>Health risk assessment: YES</i></p> <p><i>Desired outcome: N/A</i></p> <ul style="list-style-type: none"> - Provides employee with a customized report identifying health strengths and weaknesses; suggests actions to improve health <p><i>Reward(s):</i></p> <p>Recognition – YES (<i>Health Hero</i>)</p> <p>*No financial incentive advertised.</p>	<div data-bbox="1549 297 1818 565" data-label="Image"> </div> <p>Adults with obesity: 30% ¹¹ Adults with diabetes: 8% ¹²</p> <p>State employees: 29,347 (83% FT) ¹³ Premium payments: \$96 million ¹⁴</p> <p><u>Top state plan/s:</u></p> <p><i>AlaskaCare</i> – administered by Aetna ¹⁵ Economy Plan (SOB) Standard Plan (SOB)</p> <p>Resources & Contacts:</p> <p>AlaskaCare Health Plans Phone: 907-465-4460</p> <p>Aetna Health Concierge Phone: 855-784-8646</p> <p>Obesity Prevention and Control Program Phone: 907-269-8181</p>
	<p><u>Other Wellness Benefits</u></p>	
	<p><u>Discounted gym membership</u></p> <ul style="list-style-type: none"> - List of participating facilities posted online <p><u>Weight Watchers at Work</u></p> <ul style="list-style-type: none"> - 50% off cost of 18-week series; must attend 15 of 18 meetings for continued eligibility <p><u>Health coaching</u></p> <ul style="list-style-type: none"> - Offers individual or group health coaching onsite or by phone (877-749-6995) <p><u>Health education sessions</u></p> <ul style="list-style-type: none"> - Provides monthly wellness webinars <p><u>Active Adult CareKit</u></p> <ul style="list-style-type: none"> - Call 1-855-417-2493 to request a kit <p><u>24-hour Nurseline</u></p> <ul style="list-style-type: none"> - Call 800-556-1555 for assistance 	