

# ALABAMA

## Alabama State Employees' Insurance Board (SEIB)

Clinical Weight Management	Employee Incentive Program	
<p><b><u>Prevention, Assessment, &amp; Intervention</u></b> <sup>6</sup></p> <p>Preventive Counseling:</p> <ul style="list-style-type: none"> <li>- One annual obesity screening/counseling visit</li> </ul> <p>Nutritional Counseling:</p> <ul style="list-style-type: none"> <li>- Covers up to three (3) visits/year for adults with high risk for chronic disease</li> </ul> <p>Behavioral Therapy:</p> <ul style="list-style-type: none"> <li>- SEIB will reimburse up to 80% of the cost of a <b>physician supervised</b> weight management program and/or nutritional counseling with no deductible (up to \$150 / year)               <ul style="list-style-type: none"> <li>o Excludes pharmacotherapy</li> <li>o File claim w/ SEIB, not BCBS</li> </ul> </li> </ul> <p><b>Disease management program</b> may provide no-cost weight loss assistance for enrolled members diagnosed w/ diabetes CAD, or COPD.</p>	<p><b><u>SEIB Wellness Program</u></b> <sup>10</sup></p> <p><i>Health risk assessment:</i> <b>YES</b></p> <p><i>Desired outcome(s):</i> BMI &lt; 40 kg/m<sup>2</sup> <b>OR</b></p> <ul style="list-style-type: none"> <li>- <b>Counseling</b> by healthcare provider</li> <li>- SEIB-approved weight management or exercise program</li> <li>- Self-management w/ <b>valid proof</b> of improvement in BMI</li> </ul> <p><i>Reward(s):</i> Premium discount –<b>YES</b> (\$25 / month)</p>	<div data-bbox="1549 298 1818 565" data-label="Image"> </div> <p>Adults with obesity: <b>36%</b> <sup>1</sup> Adults with diabetes: <b>14%</b> <sup>2</sup></p> <p>State employees: <b>109,748</b> (72% FT) <sup>3</sup> Premium payments: <b>\$222 million</b> <sup>4</sup></p>
<p><b><u>Pharmacotherapy</u></b> <sup>7</sup></p> <ul style="list-style-type: none"> <li>- Medications, either by prescription or OTC, are excluded from coverage</li> </ul> <p><b><u>Bariatric Surgery</u></b> <sup>8</sup></p> <p>Coverage: <b>YES</b> (limit once per lifetime)</p> <ul style="list-style-type: none"> <li>- <b>Prior authorization</b> required; see <b>Medical Policy</b> for covered procedures and criteria.</li> <li>- All physician and anesthesia services related to bariatric surgical procedures are limited to 50% of the allowable rate.</li> </ul> <p><i>NOTE: SEHIP will not cover services or expenses for treatment of any condition—including obesity—based upon weight reduction or dietary control whether or not a provider performs or prescribes them (except bariatric surgery).</i> <sup>9</sup></p>	<p><b><u>Other Wellness Benefits</u></b></p> <p><b><i>Discounted gym membership</i></b></p> <ul style="list-style-type: none"> <li>- <b>Participating facilities:</b> YMCA, Anytime Fitness, Gold's Gym, Curves</li> </ul> <p><b><i>Commercial weight-loss program</i></b></p> <ul style="list-style-type: none"> <li>- <b>WeightWatchers</b> is half price to members</li> </ul> <p><b><i>Online activity trackers</i></b></p> <ul style="list-style-type: none"> <li>- <b>WalkingWorks</b> physical activity tool</li> </ul> <p><b><i>BCBS toolkits</i></b></p> <ul style="list-style-type: none"> <li>- Order materials on <b>nutrition, stress management, and healthy families</b></li> </ul> <p><b><i>Health coaching</i></b></p> <ul style="list-style-type: none"> <li>- Access to a Health Advocate through <b>BlueCare Health Advocacy Program</b></li> </ul>	<p><u>Top state plan/s:</u></p> <p><b>Bluecard PPO (SOB)</b> <sup>5</sup></p> <p><i>*Enrollment Trends</i></p> <p><b>Resources &amp; Contacts:</b></p> <p><b>State Employees' Insurance Board</b> Phone: 334-263-8341</p> <p><b>SEIB Worksite Wellness Program</b> Phone: 334-263-8431</p>