


ARKANSAS

Department of Finance & Administration (DFA) – Employee Benefits Division (EBD)

Clinical Weight Management	Employee Incentive Program	
<p><u>Prevention, Assessment, & Intervention</u> ³⁷</p> <p>Preventive Counseling:</p> <ul style="list-style-type: none"> - One (1) screening included in standard preventive medicine visit; intensive counseling covered for members w/ obesity <p>Nutritional Counseling:</p> <ul style="list-style-type: none"> - One (1) session only provided for members w/ diagnosis of obesity <p>Behavioral Therapy:</p> <ul style="list-style-type: none"> - Obesity services provided through physician office visits or referral to eligible providers are covered by DFA. - Intensive behavioral counseling interventions for adults w/ obesity covered as preventive services (8 sessions/year) 	<p><u>ARBenefitsWell Program</u> ⁴⁰</p> <p><i>Health risk assessment: YES</i></p> <p><i>Desired outcome: HRA + physician visit</i></p> <ul style="list-style-type: none"> - Both employee and spouse must complete; see Health Assessment Toolkit <p><i>Beginning 2020, members with a BMI ≥ 40 will be required to enroll in specified nutritional guidance program to qualify for incentive</i></p> <p><i>Reward(s):</i> Premium reduction – \$75 / month</p> <p>See also: <i>Arkansas Healthy Employee Lifestyle Program (AHELP) administered by the Department of Health</i></p>	 <p>Adults with obesity: 35% ²⁹ Adults with diabetes: 13% ³⁰</p> <p><i>*data available for AR state employees</i></p> <p>State employees: 75,291 (77% FT) ³¹ State premium payments: \$152 million ³²</p> <p>ARBenefits ³³</p> <p><i>ASE Basic (SOB)</i> ³⁴ <i>ASE Classic (SOB)</i> ³⁵ <i>ASE Premium (SOB)</i> ³⁶</p> <p>Resources & Contacts:</p> <p>DFA Employee Benefits Division Phone: 501-682-9656</p> <p>Arkansas BCBS Health Advantage Phone: 1-800-482-8416</p> <p>Active Health Management Phone: 1-877-815-1017</p> <p>AR Healthy Employee Lifestyle Program Phone: 501-661-2000</p>
<p><u>Pharmacotherapy</u> ³⁸</p> <ul style="list-style-type: none"> - Plan documentation states that weight loss medications are not a covered benefit. <p><u>Bariatric Surgery</u> ³⁹</p> <p>Coverage: LIMITED (see FAQs)</p> <ul style="list-style-type: none"> - Pre-certification required; limited quantity of members will be allowed to enroll in the Bariatric Pilot Program (effective 2017) - Ages 25-65; must show at least 10% weight loss during physician-supervised program to obtain coverage for procedure; see source for additional approval criteria. <p><i>NOTE: Medications for the treatment of obesity or for use in any program of weight reduction or dietary control are not covered under most AR BCBS contracts/plans but may be covered by some contracts; final authority on exclusions is the member's specific benefit certificate.</i></p>	<p>Other Wellness Benefits</p> <p><i>AHELP Incentive</i></p> <ul style="list-style-type: none"> - Up to 3 days of annual paid leave to participate in wellness activities <p><i>Case management services</i></p> <ul style="list-style-type: none"> - Helps members understand treatment options available through their benefit plan; call 1-866-458-0408 (opt. 1 → opt. 5) <p><i>HealthyGuidance® Wellness Program</i></p> <ul style="list-style-type: none"> - 1-on-1 nurse coaching at no cost to member - Wellness coaches and online health modules to assist with weight management and health (administered by Guidance Resources) <p><i>Naturally Slim</i></p> <ul style="list-style-type: none"> - Covered 100% by BCBS as a preventative care benefit; enrollment capped and limited to select applicants (<i>outcomes data available</i>) 	