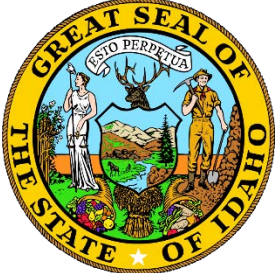


# IDAHO

## Division of Human Resources – Office of Group Insurance (OGI)

Clinical Weight Management	Employee Wellness Program	
<p><b><u>Prevention, Assessment, &amp; Intervention</u></b> <sup>153</sup></p> <p>Preventive Counseling:</p> <ul style="list-style-type: none"> <li>- Covered up to 85% after deductible; obesity is not explicitly mentioned in plan description</li> </ul> <p>Nutritional Counseling:</p> <ul style="list-style-type: none"> <li>- Not included in OGI plan documents; Blue Cross of Idaho indicates up to three (3) dietary counseling visits as preventive benefit</li> </ul> <p>Behavioral Therapy:</p> <ul style="list-style-type: none"> <li>- OGI generally excludes coverage for weight control of treatment of obesity or morbid obesity, even if medically necessary.</li> </ul>	<p><b><u>Health Matters</u></b> <sup>156</sup></p> <p><i>Health risk assessment: YES</i> (via BCI)</p> <p>Sponsors health classes at site statewide and compiles educational resources on the <i>Health Matters website</i></p> <p>Participation in the program is <b>voluntary</b> and not tracked. There are no monetary or tactile incentives directly associated with the program.</p>	 <p>Adults with obesity: <b>29%</b> <sup>146</sup>            Adults with diabetes: <b>8%</b> <sup>147</sup></p> <p>State employees: <b>30,662</b> (66% FT) <sup>148</sup>            Premium payments: <b>\$168 million</b> <sup>149</sup></p>
<p><b><u>Pharmacotherapy</u></b> <sup>154</sup></p> <ul style="list-style-type: none"> <li>- Pharmacy benefit excludes any prescription drug, biological or other agent prescribed primarily to aid or assist the Insured in weight loss, including all anorectics, whether amphetamine or nonamphetamine</li> </ul> <p><b><u>Bariatric Surgery</u></b> <sup>155</sup></p> <p>Coverage: <b>NO</b></p> <ul style="list-style-type: none"> <li>- Surgery for obesity is excluded from coverage; reversals or revisions of surgery for obesity are excluded except when required to correct a life-endangering condition</li> </ul>	<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>- Offers discounted memberships to fitness clubs statewide; see <b>participating locations</b></li> </ul> <p><b><i>Boise GreenBike!</i></b></p> <ul style="list-style-type: none"> <li>- State employees can purchase an <b>annual pass</b> for \$25 /year (\$70 value)</li> <li>- Maps of local parks are available in the <b>Health Tools</b> section of the website</li> </ul> <p><b><i>WellConnected Wellness</i></b></p> <ul style="list-style-type: none"> <li>- Access to wellness workshops, digital health coaching, and food/physical activity tracking tools via <b>online portal</b></li> </ul>	<p><u>Top state plan/s:</u></p> <p><b>Blue Cross of Idaho (BCI)</b>  <i>PPO Plan - Preferred Blue (SOB)</i> <sup>150</sup>  <i>Traditional Plan - Business Blue (SOB)</i> <sup>151</sup>  <i>High Deductible Plan - Business Blue (SOB)</i> <sup>152</sup></p> <p><b>Resources &amp; Contacts:</b></p> <p><b>Office of Group Insurance</b>            Phone: 208-332-1860</p> <p><b>State Employee Wellness (Health Matters)</b>            Phone: 208-334-2263</p> <p><b>Idaho Physical Activity &amp; Nutrition Program</b>            Phone: 208-334-5788</p>