


MASSACHUSETTS

Massachusetts Group Insurance Commission (GIC)

Clinical Weight Management	Employee Incentive Program	
<p><u>Prevention, Assessment, & Intervention</u> ²⁷⁴</p> <p>Preventive Counseling:</p> <ul style="list-style-type: none"> - Obesity screening covered as part of annual preventive exam only <p>Nutritional Counseling:</p> <ul style="list-style-type: none"> - Varies by plan; HNE covers 4 visits/yr as preventive; some plans cover only for members with certain eating disorders or diabetes; copay may apply <p>Behavioral Therapy:</p> <ul style="list-style-type: none"> - HNE covers group visits for patients with weight-related issues - NHP provides coverage criteria for medically-supervised weight management - Unicare plans cover physician services for weight loss treatment w/ BMI > 40 kg/m² <p><u>Pharmacotherapy</u> ²⁷⁵</p> <ul style="list-style-type: none"> - Unicare lists Contrave, Saxdenda, and Belviq as preferred; Xenical as non-preferred - Fallon formulary includes Xenical as T3; requires prior authorization - Health New England covers Xenical as T3 medication (also, Vyvanse for BED)²⁷⁶ - NHP formulary includes phentermine (T1) - Tufts formulary includes several agents - Harvard Pilgrim Primary Choice Plan explicitly excludes drugs for weight loss <p><u>Bariatric Surgery</u> ²⁷⁷</p> <p>Coverage: COVERED</p> <ul style="list-style-type: none"> - Prior authorization required; see various plan policies for coverage criteria 	<p><u>WellMASS</u> ²⁷⁸</p> <p><i>Health risk assessment:</i> YES (varies by plan)</p> <p>GIC does not appear to administer unified wellness program, but links to discounts and risk assessments from various plan administrators.</p>	 <p>Adults with obesity: 24% ²⁶⁰ Adults with diabetes: 9% ²⁶¹</p> <p>State employees: 124,638 (72% FT) ²⁶² Premium payments: \$841 million ²⁶³</p> <p><u>Top state plan/s:</u></p> <p><i>Fallon Health Direct HMO (SOB)</i> ²⁶⁴ <i>Fallon Health Select HMO (SOB)</i> ²⁶⁵ <i>Neighborhood Health Plan HMO (SOB)</i> ²⁶⁶ <i>Health New England HMO (SOB)</i> ²⁶⁷ <i>Harvard Pilgrim HMO (SOB)</i> ²⁶⁸ <i>Harvard Pilgrim POS (SOB)</i> ²⁶⁹ <i>Tufts Health Navigator POS (SOB)</i> ²⁷⁰ <i>Tufts Health Spirit EPO/HMO (SOB)</i> ²⁷¹ <i>Unicare Indeminty Community PPO (SOB)</i> ²⁷² <i>Unicare Indemnity Plus PPO (SOB)</i> ²⁷³</p> <p>Resources & Contacts:</p> <p>Group Insurance Commission Health Plans Phone: 617-727-2310</p> <p>Office of Health & Human Services Phone: 617-573-1600</p>
	<p style="background-color: #d9ead3; padding: 5px;">Other Wellness Benefits</p> <p><i>Fitness Club Reimbursement</i></p> <ul style="list-style-type: none"> - Varies by plan; from \$100 to \$400 annual reimbursement toward fitness programs/fees - State employees have discounted membership for Boston Sports Club - Some plans offer discounts on fitness trackers <p><i>Commercial Weight-loss Program</i></p> <ul style="list-style-type: none"> - Most plans offer discounts; NHP offers reimbursement for up to 6 months of WeightWatchers or Jenny Craig <p><i>Health education sessions</i></p> <ul style="list-style-type: none"> - Most plans offer virtual and/or onsite counseling and education sessions 	