

MARYLAND

Maryland Department of Budget & Management – Employee Benefits Division

Clinical Weight Management	Employee Incentive Program	
<p><u>Prevention, Assessment, & Intervention</u> ²⁵⁵</p> <p>Preventive Counseling:</p> <ul style="list-style-type: none"> - Preventive visits limited to once per year; obesity screening/counseling not mentioned <p>Nutritional Counseling:</p> <ul style="list-style-type: none"> - Benefits are available for nutritional counseling and MNT services when medically necessary (as determined by Plan); unlimited benefit for persistent condition (\$15-30 copay applies for non-preventive visits) <p>Behavioral Therapy:</p> <ul style="list-style-type: none"> - Some plans exclude non-surgical treatments for obesity from coverage - Up to \$150 annual reimbursement for approved weight loss programs (onsite/online) 	<p><u>Wellness Plan</u> ²⁵⁹</p> <p><i>Health risk assessment:</i> YES</p> <p><i>Desired outcome(s):</i></p> <ul style="list-style-type: none"> - Select a primary care provider - Complete online HRA - Complete annual check-up/screening <p><i>Reward(s):</i></p> <p>Free primary care (PCP) copays and/or reduced specialist copays (\$5 per visit)</p>	<div data-bbox="1533 297 1818 574" data-label="Image"> </div> <p>Adults with obesity: 29% ²⁴⁶ Adults with diabetes: 10% ²⁴⁷</p> <p>State employees: 92,240 (85% FT) ²⁴⁸ Premium payments: \$677 million ²⁴⁹</p> <p><u>Top state plan/s:</u></p> <p><i>CareFirst EPO (SBC)</i> ²⁵⁰ <i>CareFirst PPO (SBC)</i> ²⁵¹ <i>Kasier (SBC)</i> ²⁵² <i>United Healthcare EPO (SBC)</i> ²⁵³ <i>United Healthcare PPO (SBC)</i> ²⁵⁴</p> <p>Resources & Contacts:</p> <p>Department of Management & Budget Phone: 800-705-3493</p> <p>Maryland Employee Benefits Division Phone: 410-767-4775</p>
<p>State offers specialized clinical consulting services to employees and enrolled dependents to educate on obesity treatment options.</p> <p><u>Pharmacotherapy</u> ^{256,257}</p> <ul style="list-style-type: none"> - CVS/Caremark certificate states that anorectics (any drugs used for weight loss) are excluded; no obesity medications on list - Express Scripts PDL notes Qsymia is non-formulary weight-loss agent; preferred medications include: benzphetamine, diethylpropion, phentermine <p><u>Bariatric Surgery</u> ²⁵⁸</p> <p>Coverage: YES</p> <ul style="list-style-type: none"> - Prior authorization required; UHC members go through the Bariatric Resource Services program (888-936-7246) - Follow guidelines approved by the NIH and deemed medically necessary by plan. 	<p><u>Other Wellness Benefits</u></p> <p><i>Innergy Weight Loss Program</i></p> <ul style="list-style-type: none"> - CareFirst offers this personalized 2-year program for long-term weight loss (partnership w/ Healthways and Johns Hopkins Medicine) <p><i>Real Appeal Program</i></p> <ul style="list-style-type: none"> - UHC offers this 52-week multi-component behavioral intervention to support health weight management <p><i>Health coaching</i></p> <ul style="list-style-type: none"> - Wellness coaching is offered free of charge through all plans (contact information) <p><i>Health education</i></p> <ul style="list-style-type: none"> - Offers free webinars and podcasts on stress, nutrition, physical, activity, and healthy weight management 	