

MAINE

Bureau of Human Resources – Division of Employee Health and Benefits (DEH)

Clinical Weight Management	Employee Incentive Program	
<p><u>Prevention, Assessment, & Intervention</u> ²⁴²</p> <p>Preventive Counseling:</p> <ul style="list-style-type: none"> - Covers preventive counseling and/or risk factor reduction interventions; up to 26 visits per year w/ obesity diagnosis <p>Nutritional Counseling:</p> <ul style="list-style-type: none"> - Covers nutrition counseling for obesity w/ RD or PCP; up to 10 visits per year w/ obesity diagnosis; 2 visits w/out diagnosis <p>Behavioral Therapy:</p> <ul style="list-style-type: none"> - Covered as a preventive benefit (see above); generally excludes commercial weight loss programs 	<p><u>WellStarME:</u> Health Credit Premium Program ²⁴⁵</p> <p>Health risk assessment: YES</p> <p>Desired outcomes: By May 1st of plan year, employee and covered spouse/partner must:</p> <ul style="list-style-type: none"> - Register at WellStarME - Complete health risk assessment - Complete My Numbers information (includes annual screening for BMI, blood pressure, HgA₁C or fasting blood glucose, cholesterol) - Watch video about stress and take short quiz <p>Reward(s):</p> <ul style="list-style-type: none"> - 5% premium credit (employee-only portion) 	<div data-bbox="1549 305 1822 574" data-label="Image"> </div> <p>Adults with obesity: 30% ²³⁷ Adults with diabetes: 10% ²³⁸</p> <p>State employees: 26,480 (69% FT) ²³⁹ Premium payments: \$133 million ²⁴⁰</p> <p><u>Top state plan/s:</u></p> <p><i>State of Maine Health Plan- PPO (SOB)</i> ²⁴¹ <i>*Beginning July 2017, plan is administered by Anthem BCBS (formerly by Aetna)</i></p> <p>Resources & Contacts: Division of Employee Health & Benefits Phone: 207-624-7380 ME Physical Activity & Nutrition Program Phone: 207-287-7108</p>
<p><u>Pharmacotherapy</u> ²⁴³</p> <ul style="list-style-type: none"> - Excludes drugs used for the treatment of obesity, except for appetite suppressants prescribed by a physician. - PDL notes Qsymia is non-formulary weight-loss agent; preferred medications include: benzphetamine, diethylpropion, phentermine <p><u>Bariatric Surgery</u> ²⁴⁴</p> <p>Coverage: YES</p> <ul style="list-style-type: none"> - Plan provides limited benefits for treatment of Morbid Obesity; benefits limited to surgery for an intestinal bypass, gastric bypass, or gastroplasty; Prior authorization is required. 	<p><u>Other Wellness Benefits</u></p> <p><i>Gym Membership Reimbursement Program</i></p> <ul style="list-style-type: none"> - \$40 monthly reimbursement for employees who attend gym at least 8 times/month (must submit proper documentation) <p><i>State of Maine Wellness Centers</i></p> <ul style="list-style-type: none"> - Wellness centers owned by the state and available at no cost to benefit-eligible state employees; see locations and application. 	