

**MISSOURI**  
Office of Administration – Division of Personnel

Clinical Weight Management	Employee Incentive Program	
<p><b><u>Prevention, Assessment, &amp; Intervention</u></b> <sup>320</sup></p> <p>Preventive Counseling:</p> <ul style="list-style-type: none"> <li>- Covers adult obesity screenings and USPSTF preventive care <b>benefits</b> with A/B rating</li> </ul> <p>Nutritional Counseling:</p> <ul style="list-style-type: none"> <li>- Covers up to six (6) sessions/year of individualized nutritional evaluation and counseling for the management of obesity; additional coverage possible w/ <b>authorization</b></li> </ul> <p>Behavioral Therapy:</p> <ul style="list-style-type: none"> <li>- Not explicitly mentioned beyond USPSTF services; coverage for weight management programs may be available through employee wellness program or plan benefits</li> </ul>	<p><b><u>Strive for Wellness</u></b> <sup>® 323</sup></p> <p><i>Health risk assessment: YES</i></p> <p><i>Desired outcome(s):</i></p> <ul style="list-style-type: none"> <li>- Complete the <b>Partnership Promise</b> (\$25)</li> <li>- Complete the <b>Tobacco-Free Incentive</b> (\$40)</li> <li>- Complete online Health Assessment</li> <li>- Complete online Health Education Quiz</li> </ul> <p><i>Reward(s):</i></p> <p>Premium reduction – up to \$65 / month</p> <p>Apparel – receive t-shirt for completion of MCHCP-approved health actions*</p> <p><i>*examples (p. 59) include receiving an annual preventive exam, attending 3 Strive for Wellness sponsored health education or physical activity events, or walking 1 million steps.</i></p> <p>Member services: (573) 751-0771</p>	<div data-bbox="1543 300 1822 576" data-label="Image"> </div> <p>Adults with obesity: <b>32%</b> <sup>315</sup> Adults with diabetes: <b>12%</b> <sup>316</sup></p> <p>State employees: <b>106,608</b> (73% FT) <sup>317</sup> Premium payments: <b>\$367 million</b> <sup>318</sup></p> <p><u>Top state plan/s:</u></p> <p><i>HSA Plan (SOB)</i> <sup>319</sup> <i>PPO 600 Plan (SOB)</i> <i>PPO 300 Plan (SOB)</i></p> <p><b>Resources &amp; Contacts:</b> <b>Office of Administration</b> <b>Division of Personnel</b> Phone: 573-751-4162 <b>Missouri Consolidated Health Care Plan</b> Phone: 573-751-0771</p>
<p><b><u>Pharmacotherapy</u></b> <sup>321</sup></p> <ul style="list-style-type: none"> <li>- Missouri Consolidated Healthcare Plan <b>formulary</b> includes benzphetamine, diethylpropion, phentermine (as covered alternatives to formulary <b>exclusion</b>, Qsymia)</li> <li>- Coverage criteria not mentioned in plan documents</li> </ul> <p><b><u>Bariatric Surgery</u></b> <sup>322</sup></p> <p>Coverage: <b>YES</b></p> <ul style="list-style-type: none"> <li>- Prior authorization required; see <b>coverage criteria</b> and physician <b>manual</b> for details</li> <li>- Completion of 6-month diet program (or two 3-month programs w/in 2 years); commercial weight loss programs are acceptable if completed under the direction of a provider or registered dietitian and documentation of participation is available for review</li> </ul>	<p align="center"><b>Other Wellness Benefits</b></p> <p><b><u>Weight Management Class</u></b></p> <ul style="list-style-type: none"> <li>- 14-week <b>course</b> offered through <i>Strive for Wellness</i> for all state employees (call 573-751-0771 for information)</li> </ul> <p><b><u>Strive for Wellness® Health Center</u></b></p> <ul style="list-style-type: none"> <li>- offers routine care for common illnesses and basic preventive care for state employees; located in Jefferson City’s Truman Building</li> </ul>	