

NORTH CAROLINA

North Carolina State Health Plan – Department of State Treasurer

Clinical Weight Management	Employee Incentive Program	
<p><u>Prevention, Assessment, & Intervention</u> ⁴⁰⁸</p> <p>Preventive Counseling:</p> <ul style="list-style-type: none"> - Covers obesity screening and counseling <p>Nutritional Counseling:</p> <ul style="list-style-type: none"> - Covers nutritional counseling, which may include counseling specific to achieving or maintaining a healthy weigh as a preventive benefit; non-preventive benefit limited to 4 visits (copay applies in 70/30 PPO) <p>Behavioral Therapy:</p> <ul style="list-style-type: none"> - Office visits for the evaluation and treatment of obesity are limited to four (4) per year <p>Coverage generally excluded for any treatment or regimen, medical or surgical, for the purpose of reducing or controlling the weight of a member or for treatment of obesity, except for nutritional visits or surgical treatment of morbid obesity, or as specifically covered by the Plan.</p>	<p><u>Health Engagement Program</u> ⁴¹¹</p> <p><i>Health risk assessment: YES</i></p> <p><i>Desired outcome: [various]</i></p> <ul style="list-style-type: none"> - Complete healthy lifestyle activities, including telephonic sessions w/ lifestyle coach, track physical activity, track calories consumed, earn RivalPoints <p><i>Reward(s):</i></p> <p>CDHP* HRA contributions</p> <ul style="list-style-type: none"> o Up to \$125/year for lifestyle o Up to \$50/year for Rival <p>80/20 Wellness Premium Credits</p> <ul style="list-style-type: none"> o \$25/month for health assessment o \$25/month for selecting PCP o Reduced copay for using PCP <p><i>NOTE: Only CDHP* and Enhanced 80/20 PPO plan offer financial incentives for participation</i></p>	<div data-bbox="1543 300 1822 576" data-label="Image"> </div> <p>Adults with obesity: 30% ⁴⁰⁰ Adults with diabetes: 11% ⁴⁰¹</p> <p>State employees: 168,060 (73% FT) ⁴⁰² Premium payments: \$862 million ⁴⁰³</p> <p><u>Top state plan/s:</u></p> <p><i>Enhanced 80/20 PPO (SOB)</i> ⁴⁰⁴ <i>Traditional 70/30 PPO (SOB)</i> ⁴⁰⁵ <i>CDHP (SOB)</i> ⁴⁰⁶ <i>HDHP (SOB)</i> ⁴⁰⁷</p> <p>*CDHP discontinued in PY2018.</p> <p>Resources & Contacts:</p> <p>State Health Plan Phone: 855-859-0966</p> <p>Department of State Treasurer Phone: 919-814-3800</p> <p>Department of Health & Human Services Phone: 919-855-4800</p>
<p><u>Pharmacotherapy</u> ⁴⁰⁹</p> <ul style="list-style-type: none"> - Covered as a preventive medication; requires prior authorization - Formulary includes: [1] benzphetamine hcl, diethylpropion hcl, phendimetrazine tartrate, phentermine, [2] Saxenda, Contrave, Belviq, [3] Xenical, Regimex, Adipex-P <p><u>Bariatric Surgery</u> ⁴¹⁰</p> <p>Coverage: YES</p> <ul style="list-style-type: none"> - Prior authorization required; must be at in-network facility (Blue Distinction Center or Medcost facility) - Not covered for dependent children in HDHP 	<p><u>Other Wellness Benefits</u></p> <p><i>Disease Management</i></p> <ul style="list-style-type: none"> - Nurse coaches available to help employees manage obesity and related chronic conditions; call (800) 817-7044 for details <p><i>Positive Pursuits</i></p> <ul style="list-style-type: none"> - Discounted copays <p><i>NOTE: State Health Plan will discontinue Active Lifestyle Coaching, Disease Management for select conditions, Maternity Coaching, 24/7 Nurse Line, and Local Live Events, effective January 1, 2018.</i></p>	