


NORTH DAKOTA

Office of Management & Budget (OMB) – Public Employees Retirement System (NDPERS)

Clinical Weight Management	Employee Incentive Program	
<p><u>Prevention, Assessment, & Intervention</u> ⁴¹⁹</p> <p>Preventive Counseling:</p> <ul style="list-style-type: none"> - Covered only once per year during annual wellness visit (\$200 annual allowance for preventive screenings); may refer for behavioral interventions w/ BMI ≥ 30 kg/m² <p>Nutritional Counseling:</p> <ul style="list-style-type: none"> - GF: Coverage depends on condition- 1/yr for obesity, 2/yr for hyperlipidemia, 4/yr for diabetes, 2/yr for gestational diabetes - NGF: 4 visits/benefit period for obesity <p>Behavioral Therapy:</p> <ul style="list-style-type: none"> - May cover intensive behavioral counseling to promote a healthful diet and physical activity for adults with overweight or obesity and a CVD risk factor <p>Excludes coverage for any services or supplies for the treatment of obesity that do not meet the Plan’s medical necessity coverage guidelines, including weight loss, exercise programs, or lifestyle improvement services</p> <ul style="list-style-type: none"> - Weight loss management may be available at approved facilities for Sanford plan members; see obesity management guidelines for details. <p><u>Pharmacotherapy</u> ⁴²⁰</p> <ul style="list-style-type: none"> - Excludes anorexiant or weight management medications unless medically necessary; request prior authorization, (877) 658-9194 - Formulary includes: diethylpropion [T1], phentermine [T1], Belviq/XR [T2] <p><u>Bariatric Surgery</u> ⁴²¹</p> <p>Coverage: YES</p> <ul style="list-style-type: none"> - Prior authorization required 	<p><u>NDPERS Dakota Wellness Program</u> ⁴²²</p> <p><i>Health risk assessment: YES (LifeScore)</i></p> <p><i>Desired outcomes:</i></p> <ul style="list-style-type: none"> - Earn points for participating in workplace health education events, completing annual preventive visit, participating in special health programs, tracking daily health habits <p><i>Reward(s):</i></p> <p>Cash / coupon – up to \$250/year (\$500/house)</p> <ul style="list-style-type: none"> o Participants earn points that are redeemed for cash reward 	<div style="text-align: center;">  </div> <p>Adults with obesity: 31% ⁴¹² Adults with diabetes: 9% ⁴¹³</p> <p>State employees: 26,314 (61% FT) ⁴¹⁴ Premium payments: \$154 million ⁴¹⁵</p> <p><u>Top state plan/s:</u></p> <p><i>PPO Basic - Grandfathered (SOB)</i> ⁴¹⁶ <i>PPO Basic – Non-Grandfathered (SOB)</i> ⁴¹⁷ <i>Sandford HDHP (SOB)</i> ⁴¹⁸</p> <p><u>Pharmacy:</u></p> <p><i>Grand PPO</i> <i>Non-Grand PPO HDHP</i></p> <p>Resources & Contacts:</p> <p>Office of Management & Budget Phone: 701-328-2680</p> <p>Public Employees Retirement System Phone: 701-328-3900</p> <p>Dakota Wellness Program Phone: 844-742-0014</p>
	Other Wellness Benefits	
	<p><u>Fitness Center Reimbursement Program</u></p> <ul style="list-style-type: none"> - Provides up to \$20 monthly reimbursement (\$40 per family) for employees who use the fitness center at least 12 days per month. - Employees must complete risk assessment to apply for fitness reimbursement <p><u>Better Choices, Better Health® Workshop</u></p> <ul style="list-style-type: none"> - Free in-person, 6-week workshop for plan members; call (701) 234-5570 to register 	