


# NEBRASKA

## Department of Administrative Services (DAS) – Division of State Personnel

Clinical Weight Management	Employee Incentive Program	
<p><b><u>Prevention, Assessment, &amp; Intervention</u></b> <sup>341</sup></p> <p>Preventive Counseling:</p> <ul style="list-style-type: none"> <li>- Covers obesity screening and preventive counseling on health diet and exercise according to UHC plan <b>guidelines</b>; covered with no age/frequency limitations when in-network</li> </ul> <p>Nutritional Counseling:</p> <ul style="list-style-type: none"> <li>- Covers nutritional counseling as a preventive care service; possible coverage for nutrition education services if required for disease self-management and provided by RD</li> </ul> <p>Behavioral Therapy:</p> <ul style="list-style-type: none"> <li>- Excludes coverage for the non-surgical treatment of obesity, even if morbid obesity</li> </ul> <p>Excludes coverage for weight loss programs (regardless of medical supervision), foods to control weight or treat obesity, health education classes (including weight control classes) other than those offered through UHC or its affiliates.</p> <p><b><u>Pharmacotherapy</u></b> <sup>342</sup></p> <ul style="list-style-type: none"> <li>- Excludes coverage for drug prescribed for appetite suppression, and other weight loss products</li> </ul> <p><b><u>Bariatric Surgery</u></b> <sup>343</sup></p> <p>Coverage: <b>YES</b></p> <ul style="list-style-type: none"> <li>- Prior authorization required; member must be at least 25 years of age or under 25 years of age and there is an imminent risk of death</li> </ul>	<p><b><u>Wellness Options</u></b> <sup>344</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 biometric screening and online health assessment in April/May</li> <li>- Sign up for an eligible wellness <b>program</b></li> <li>- Complete the wellness program</li> </ul> <p><i>Reward(s): *WellNebraska members ONLY*</i></p> <p>Premium reduction – \$25 - \$65 / month (depends on single, two-party, family coverage)</p> <ul style="list-style-type: none"> <li>- Covers up to \$500 of lab/pathology work</li> <li>- No age restrictions on preventive screenings</li> </ul> <p style="text-align: center;"><b>Other Wellness Benefits</b></p> <p><b><u>WeSave Nebraska</u></b></p> <ul style="list-style-type: none"> <li>- <b>Discount program</b> for state employees; offers reduced prices on gym memberships and Jenny Craig (free 30-day program or 50% off premium program)</li> </ul> <p><b><u>Weight Management Programs</u></b></p> <ul style="list-style-type: none"> <li>- Several nutrition and physical activity programs available through wellness program, including “Right This Weigh” and “Walk This Way” <b>programs</b> (pg. 18)</li> </ul>	<div style="text-align: center;">  </div> <p>Adults with obesity: <b>31%</b> <sup>334</sup>          Adults with diabetes: <b>9%</b> <sup>335</sup></p> <p>State employees: <b>36,997</b> (72% FT) <sup>336</sup>          Premium payments: <b>\$120 million</b> <sup>337</sup></p> <p><u>Top state plan/s:</u></p> <p><i>WellNebraska Plan (SOB)</i> <sup>338</sup>  <i>Consumer Focused Plan (SOB)</i> <sup>339</sup>  <i>Regular Plan (SOB)</i> <sup>340</sup></p> <p>*administered by United Healthcare</p> <p><b>Resources &amp; Contacts:</b></p> <p><b>Department of Administrative Services</b>          Phone: 402-471-6500</p> <p><b>Employee Wellness &amp; Benefits</b>          Phone: 402-471-4443</p>