


TEXAS

Employees Retirement System (ERS) -- Texas Employees Group Benefits Program (GBP)

Clinical Weight Management*	Employee Incentive Program	
<p><u>Prevention, Assessment, & Intervention</u> Preventive Counseling: - Some plans indicate coverage for adult obesity screening and counseling services</p> <p>Nutritional Counseling: - Possible coverage for dietary counseling and nutritional education services for morbid obesity</p> <p>Behavioral Therapy: - ERS generally excludes any treatment for obesity, even if prescribed by a Physician or the Member has medical conditions that might be helped by weight loss, regardless of medical necessity</p> <p>- HealthSelect members with BMI \geq 23 can enroll in virtual weight management program (call 800.252.8039)</p> <p><u>Pharmacotherapy</u> ⁵¹⁴ - Phentermine [T1] is included in formulary (Contrave [T2] also in 2018 version), but no indications of coverage in other documents</p> <p><u>Bariatric Surgery</u> Coverage: HealthSelect ONLY - Prior authorization required; BMI \geq 40 w/ comorbidity and prior 12-month weight reduction program required - not covered in Indemnity and HMO plans - \$5000 deductible, 20% coinsurance, and \$13,000 lifetime maximum benefit</p>	<p><u>HealthSelect / HMO Wellness Programs</u> ⁵¹⁵ Health risk assessment: YES Reward(s): N/A</p> <p>The Texas Employees Group Benefits Program offers a full menu of scientifically based health and wellness programs for state employees and their families, including:</p> <ul style="list-style-type: none"> ○ Health assessments ○ Exercise ○ Heart healthy lifestyle ○ Nutrition ○ Weight management 	
	Other Wellness Benefits	
	<p><u>Discounted gym membership</u> - Month-to-month \$25 membership available</p> <p><u>Discount Purchase Program</u> - Offers discounted membership for Weight Watchers, Jenny Craig, Nutrisystem</p> <p>- Administered by Beneplace; call 512.346.3300 for details</p> <p><small>*Community First Plan: All treatment, services, surgical or invasive procedures or complications arising from or connected in any way, for treatment of obesity are excluded. Excluded services include, but are not limited to: services and supplies, furnished in connection with any weight loss program or food supplements used to achieve weight loss, liposuction, jejunal bypass and balloon procedures</small></p>	<p>Adults with obesity: 32% ⁵⁰⁹ Adults with diabetes: 11% ⁵¹⁰</p> <p>State employees: 358,586 (76% FT) ⁵¹¹ Premium payments: \$1.6 billion ⁵¹²</p> <p><u>Top state plan/s:</u></p> <p><i>HealthSelect of Texas (SOB)</i> <i>Scott & White Health Plan (SOB)</i> <i>Community First (SOB)</i> ⁵¹³</p> <p>Resources & Contacts:</p> <p>Group Benefits Program Phone: 800-735-2989</p> <p>Employee Retirement System Phone: 877-275-4377</p> <p>Texas Health & Human Services Phone: 512-424-6500</p>