


WASHINGTON

Health Care Authority – Public Employees Benefit Board (PEBB)

Clinical Weight Management	Employee Incentive Program	
<p><u>Prevention, Assessment, & Intervention</u> Preventive Counseling: - Covers obesity screening and preventive counseling services according to USPSTF guidelines; limits not found</p> <p>Nutritional Counseling: - Covers up to 3 visits per lifetime for nutritional counseling and therapy services (certain conditions not subject to limit) - Excludes pre- and post-bariatric surgery nutritional counseling</p> <p>Behavioral Therapy: - Some coverage available as preventive services and Diabetes Prevention Program - Plans state general exclusion for non-surgical weight control, weight loss, and obesity treatments other than preventive</p> <p>*Diabetes Prevention Program covered at 100% for eligible PEBB members (call 1-877-229-7111)</p> <p><u>Pharmacotherapy</u> - Does not cover drugs for obesity or weight loss; excludes medications and related physician visits for medication monitoring</p> <p><u>Bariatric Surgery</u> ^{552,553} Coverage: YES - Prior authorization required; must be 18 years or older; see plan documents for full coverage criteria and eligible procedures - Requires 6 months participation in weight management program (commercial or physician-supervised)</p>	<p><u>SmartHealth Wellness</u> ⁵⁵⁴ <i>Health risk assessment: YES</i> <i>Desired outcomes:</i> - Complete the SmartHealth Well-being Assessment - Earn at least 2,000 points through participating in and tracking health activities</p> <p><i>Reward(s):</i> Cash / coupon o \$125 wellness incentive (HSA deposit or deductible reduction) o \$25 Amazon.com gift card</p> <p>Recognition – Zo8 Award</p>	<div style="text-align: center;">  </div> <p>Adults with obesity: 26% ⁵⁴⁵ Adults with diabetes: 8% ⁵⁴⁶</p> <p>State employees: 156,069 (65% FT) ⁵⁴⁷ Premium payments: \$963 million ⁵⁴⁸</p> <p><u>Top state plan/s:</u></p> <p><i>Uniform Medical Plan Classic (SOB)</i> ⁵⁴⁹ <i>Uniform Medical Plan CDHP (SOB)</i> ⁵⁵⁰ <i>Uniform Medical Plan Plus (SOB)</i> ⁵⁵¹ <i>Kaiser WA Classic (SOB)</i> <i>Kaiser WA Value (SOB)</i> <i>Kaiser WA CDHP (SOB)</i> <i>Kaiser WA SoundChoice (SOB)</i></p> <p><u>Note:</u> <i>Kaiser Permanente WA was formerly called GroupHealth</i></p> <p>Resources & Contacts: WA State Health Care Authority Phone: 1-844-284-2148 Public Employees Benefits Board Phone: 1-800-200-1004</p>
	Other Wellness Benefits	
	<p><u>Health Plan Discounts</u> - All PEBB health plans offer discounted commercial weight management programs, gym memberships, and other services.</p>	