## Clinical Weight Management

### Prevention, Assessment, & Intervention [16]
Preventive Counseling:
- Covers preventive screening and counseling services to aid in weight reduction (max 26/year; up to 10 for health diet counseling)
Nutritional Counseling:
- Covered as a preventive benefit
Behavioral Therapy:
- DOA covered expenses for the non-surgical treatment of obesity are limited to initial medical history, physical exam (w/ diagnostic tests), and preventive obesity counseling

### Pharmacotherapy [17]
- DAO typically excludes coverage for drugs used for treatment of obesity, but may cover if medically necessary; see Aetna policy
- Desoxyn only included in formulary

### Bariatric Surgery [18]
Covered: YES
- Prior authorization required; see Precertification Information Request form for guidance on coverage criteria

**NOTE:** Other than benefits specified here, DOA does not cover surgical procedures, medical treatments, weight control/loss programs, dietary regimens or supplements, appetite suppressants, medications, exercise programs, exercise equipment, or other services and supplies primarily intended to control weight or treat obesity, regardless of comorbid conditions.

## Employee Incentive Program

### AlaskaCare Employee Wellness Program [19]
**Health risk assessment:** YES
**Desired outcome:** N/A
- Provides employee with a customized report identifying health strengths and weaknesses; suggests actions to improve health

**Reward(s):**
- Recognition – YES *(Health Hero)*
*No financial incentive advertised.

### Other Wellness Benefits

#### Discounted gym membership
- List of participating facilities posted online

#### Weight Watchers at Work
- 50% off cost of 18-week series; must attend 15 of 18 meetings for continued eligibility

#### Health coaching
- Offers individual or group health coaching onsite or by phone (877-749-6995)

#### Health education sessions
- Provides monthly wellness webinars

#### Active Adult CareKit
- Call 1-855-417-2493 to request a kit

#### 24-hour Nurseline
- Call 800-556-1555 for assistance

## Resources & Contacts:

### AlaskaCare Health Plans
Phone: 907-465-4460

### Aetna Health Concierge
Phone: 855-784-8646

### Obesity Prevention and Control Program
Phone: 907-269-8181

### State Employee Information:
- **Adults with obesity:** 30% [11]
- **Adults with diabetes:** 8% [12]
- **State employees:** 29,347 (83% FT) [13]
- **Premium payments:** $96 million [14]
- **Top state plan/s:**
  - AlaskaCare – administered by Aetna
  - Economy Plan (SOB)
  - Standard Plan (SOB)