### Clinical Weight Management

**Prevention, Assessment, & Intervention**
- Preventive Counseling: One annual obesity screening/counseling visit
- Nutritional Counseling: Covers up to three (3) visits/year for adults with high risk for chronic disease
- Behavioral Therapy: SEIB will reimburse up to 80% of the cost of a physician supervised weight management program and/or nutritional counseling with no deductible (up to $150 / year)
  - Excludes pharmacotherapy
  - File claim w/ SEIB, not BCBS

**Disease management program** may provide no-cost weight loss assistance for enrolled members diagnosed w/ diabetes CAD, or COPD.

**Pharmacotherapy**
- Medications, either by prescription or OTC, are excluded from coverage

**Bariatric Surgery**
- Coverage: YES (limit once per lifetime)
  - Prior authorization required; see Medical Policy for covered procedures and criteria.
  - All physician and anesthesia services related to bariatric surgical procedures are limited to 50% of the allowable rate.

**NOTE:** SEHIP will not cover services or expenses for treatment of any condition—including obesity—based upon weight reduction or dietary control whether or not a provider performs or prescribes them (except bariatric surgery).

### Employee Incentive Program

**SEIB Wellness Program**

*Health risk assessment:* YES

*Desired outcome(s):* BMI < 40 kg/m² OR
- **Counseling** by healthcare provider
- SEIB-approved weight management or exercise program
- Self-management w/ valid proof of improvement in BMI

**Reward(s):**
- Premium discount – YES ($25 / month)

### Other Wellness Benefits

**Discounted gym membership**
- **Participating facilities:** YMCA, Anytime Fitness, Gold’s Gym, Curves

**Commercial weight-loss program**
- **WeightWatchers** is half price to members

**Online activity trackers**
- **WalkingWorks** physical activity tool

**BCBS toolkits**
- Order materials on nutrition, stress management, and healthy families

**Health coaching**
- Access to a Health Advocate through BlueCare Health Advocacy Program

### Resources & Contacts

**State Employees’ Insurance Board**
Phone: 334-263-8341

**SEIB Worksite Wellness Program**
Phone: 334-263-8431

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**ALABAMA**

**Alabama State Employees’ Insurance Board (SEIB)**

| Adults with obesity: | 36% |
| Adults with diabetes: | 14% |

**State employees:** 109,748 (72% FT)

**Premium payments:** $222 million

**Top state plan/s:**
- Bluecard PPO (SOB)

*Enrollment Trends*