**Clinical Weight Management**

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<th><strong>Prevention, Assessment, &amp; Intervention</strong></th>
<th><strong>Employee Incentive Program</strong></th>
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| Preventive Counseling:  
  - One (1) screening included in standard preventive medicine visit; intensive counseling covered for members w/ obesity | **ARBenefitsWell Program** |
| Nutritional Counseling:  
  - One (1) session only provided for members w/ diagnosis of obesity | **Health risk assessment:** YES |
| Behavioral Therapy:  
  - Obesity services provided through physician office visits or referral to eligible providers are covered by DFA.  
  - Intensive behavioral counseling interventions for adults w/ obesity covered as preventive services (8 sessions/year) | **Desired outcome:** HRA + physician visit  
  - Both employee and spouse must complete; see Health Assessment Toolkit |

**Pharmacotherapy**  
- Plan documentation states that weight loss medications are not a covered benefit.

**Bariatric Surgery**  
Coverage: LIMITED (see FAQs)  
- Pre-certification required; limited quantity of members will be allowed to enroll in the Bariatric Pilot Program (effective 2017)  
- Ages 25-65; must show at least 10% weight loss during physician-supervised program to obtain coverage for procedure; see source for additional approval criteria.

**NOTE:** Medications for the treatment of obesity or for use in any program of weight reduction or dietary control are not covered under most AR BCBS contracts/plans but may be covered by some contracts; final authority on exclusions is the member’s specific benefit certificate.

**Employee Incentive Program**

**ARBenefitsWell Program**  
**Health risk assessment:** YES  
**Desired outcome:** HRA + physician visit  
- Both employee and spouse must complete; see Health Assessment Toolkit  
Beginning 2020, members with a BMI ≥ 40 will be required to enroll in specified nutritional guidance program to qualify for incentive

**Reward(s):**  
Premium reduction – $75 / month

See also: [Arkansas Healthy Employee Lifestyle Program (AHELP) administered by the Department of Health](#)

**Other Wellness Benefits**

**AHELP Incentive**  
- Up to 3 days of annual paid leave to participate in wellness activities

**Case management services**  
- Helps members understand treatment options available through their benefit plan; call 1-866-458-0408 (opt. 1 → opt. 5)

**HealthyGuidance® Wellness Program**  
- 1-on-1 nurse coaching at no cost to member  
- Wellness coaches and online health modules to assist with weight management and health (administered by Guidance Resources)

**Naturally Slim**  
- Covered 100% by BCBS as a preventative care benefit; enrollment capped and limited to select applicants (outcomes data available)

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**Adults with obesity:** 35%  
**Adults with diabetes:** 13%

*Data available for AR state employees*

**State employees:** 75,291 (77% FT)  
**State premium payments:** $152 million

**Resources & Contacts:**

**DFA Employee Benefits Division**  
Phone: 501-682-9656

**Arkansas BCBS Health Advantage**  
Phone: 1-800-482-8416

**Active Health Management**  
Phone: 1-877-815-1017

**AR Healthy Employee Lifestyle Program**  
Phone: 501-661-2000