### Clinical Weight Management

**Prevention, Assessment, & Intervention**
- Preventive Counseling:
  - Covers preventive services w/ A or B-rating from USPSTF

**Nutritional Counseling:**
- KP: covers medical nutritional therapy and counseling with $15 copay
- UHC: covers medical nutritional education services only if patient self-management is integral component of treatment

**Behavioral Therapy:**
- Weight loss programs outside of required preventive services specifically excluded by all plans except Kaiser HMO (no evidence of coverage found)

**Pharmacotherapy**
- **KP:** Covers 50% of allowable charge for weight management drugs; **PA** may apply
- **Aetna:** excludes appetite suppressants & medications intended to control weight or treat obesity, regardless of comorbid conditions
- **UHC:** excludes coverage for any product dispensed for the purpose of appetite suppression or weight loss

**Bariatric Surgery**
- Coverage: **YES**
  - Prior authorization required;
  - Aetna plans specify coverage limited to in-network providers; UHC specifies lifetime benefits limited to $100,000

### Employee Incentive Program

**DCHR Workplace Wellness Plan**
- **Health risk assessment:** N/A
- **Desired outcomes:** Agency participation
  - Annually complete Workplace Wellness Survey and Implementation Evaluation
  - Obtain AHA “Fit Friendly” Workplace designation within two years of implementing program
  - Agencies are expected to organize and promote physical activity, healthy eating, and stress management programs in the workplace
  - Partnership with wellness-related vendors and community organizations is encouraged

**Discounted gym membership**
- Free access to DC Department of Parks & Recreation fitness centers (discounted for non-resident employees)
- Discounted memberships to VIDA Fitness and MINT Health Club

**Capital Bikeshare Membership Discount**
- Annual membership for $25 (regularly $85)
- Instructions for registration found [online](#)

**Commercial weight-loss program**
- Discounted services offered by all DCHR plans; see links to microsites for details

**Health coaching**
- Virtual weight management support offered by most plans; see links to DC microsites

### Other Wellness Benefits

- **Discounted gym membership**
- **Capital Bikeshare Membership Discount**
- **Commercial weight-loss program**
- **Health coaching**

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