### Clinical Weight Management

**Prevention, Assessment, & Intervention**
- Covers one (1) annual physical and USPSTF services w/ an A or B rating

**Nutritional Counseling:**
- Vantage HMO plan covers up to four (4) visits per year with prior authorization; PPO plans limit to members w/ diabetes

**Behavioral Therapy:**
- **Vantage Wellness Program** covers a weight loss program as preventive service
- BCBS members with obesity can enroll in Omada diabetes prevention program (Prevent)
- Medical weight management was available for select members through HEADS UP! program for morbid obesity (discontinued due to funding cuts)

OGB excludes coverage for services, treatment or expenses related to weight reduction programs, obesity or weight loss, regardless of medical necessity (except as required by law)

**Pharmacotherapy**
- Anorexiants (weight control and obesity treatment products) are excluded from coverage

**Bariatric Surgery**
- **HEADS UP!** program was cut mid-year due to lack of funding.

### Employee Incentive Program

**Live Better Louisiana (LBL)**
- **Health risk assessment:** YES
- **Desired outcome:** Not Determined
  - Complete wellness checkup
    - Complete Primary Care Provider Form or Medical Exemption Form documenting health promotion plan
  - Additional requirements may apply; see 2019 Premium Credit Guide for details.

**Reward(s):**
- Premium credit – Value not determined

**Note:** Separate wellness program is available to Vantage HMO members; register online (sign-up code 00910).

### Other Wellness Benefits

**Discounted gym membership**
- $25 gym membership through Blue365

**Disease management program**
- Available to members enrolled in a Magnolia or Pelican plan and non-Medicare primary retirees at no cost; must be diagnosed with diabetes, coronary artery disease (CAD), chronic heart failure (CHF), asthma, or chronic obstructive pulmonary disease (COPD); includes health coaching with BCBS nurses and with educational materials

### Resources & Contacts:

**Office of Group Benefits (OGB)**
Phone: 1-800-272-8451

**Council on Physical Fitness & Sports**
Phone: 225-342-4886

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Adults with obesity: **36%**
Adults with diabetes: **13%**

State employees: **87,442 (76% FT)**
Premium payments: **$260 million**

Top state plan/s:

- Pelican HRA 1000 CDHP (SOB)
- Pelican HSA 775 (SOB)
- Magnolia Local Plus (SOB)
- Magnolia Local HMO (SOB)
- Magnolia Open Access PPO (SOB)
- Vantage Medical Home HMO (SOB)

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