### Clinical Weight Management

#### Prevention, Assessment, & Intervention

Preventive Counseling:
- Covers preventive counseling and/or risk factor reduction interventions; up to 26 visits per year w/ obesity diagnosis

Nutritional Counseling:
- Covers nutrition counseling for obesity w/ RD or PCP; up to 10 visits per year w/ obesity diagnosis; 2 visits w/out diagnosis

Behavioral Therapy:
- Covered as a preventive benefit (see above); generally excludes commercial weight loss programs

#### Pharmacotherapy

- Excludes drugs used for the treatment of obesity, except for appetite suppressants prescribed by a physician.
- **PDL** notes Qsymia is non-formulary weight-loss agent; preferred medications include: benzphetamine, diethylpropion, phentermine

#### Bariatric Surgery

Coverage: **YES**
- Plan provides limited benefits for treatment of Morbid Obesity; benefits limited to surgery for an intestinal bypass, gastric bypass, or gastroplasty; Prior authorization is required.

### Employee Incentive Program

#### WellStarME: Health Credit Premium Program

*Health risk assessment: YES*

**Desired outcomes:** By May 1st of plan year, employee and covered spouse/partner must:
- Register at **WellStarME**
- Complete health risk assessment
- Complete *My Numbers* information (includes annual screening for BMI, blood pressure, HgA1C or fasting blood glucose, cholesterol)
- Watch video about stress and take short quiz

**Reward(s):**
- 5% premium **credit** (employee-only portion)

### Other Wellness Benefits

#### Gym Membership Reimbursement Program

- **$40** monthly reimbursement for employees who **attend** gym at least 8 times/month (must submit proper **documentation**)

#### State of Maine Wellness Centers

- Wellness centers owned by the state and available at no cost to benefit-eligible state employees; see **locations** and **application**.

### Details

- **Adults with obesity:** 30%  
  **Adults with diabetes:** 10%
- **State employees:** 26,480 (69% FT)
- **Premium payments:** $133 million
- **Top state plan/s:** State of Maine Health Plan- PPO (SOB)  
  *Beginning July 2017, plan is administered by Anthem BCBS (formerly by Aetna)*

### Resources & Contacts

**Division of Employee Health & Benefits**
Phone: 207-624-7380

**ME Physical Activity & Nutrition Program**
Phone: 207-287-7108