MISSOURI
Office of Administration – Division of Personnel

Clinical Weight Management

**Prevention, Assessment, & Intervention** 320
Preventive Counseling:
- Covers adult obesity screenings and USPSTF preventive care benefits with A/B rating
Nutritional Counseling:
- Covers up to six (6) sessions/year of individualized nutritional evaluation and counseling for the management of obesity; additional coverage possible w/ authorization
Behavioral Therapy:
- Not explicitly mentioned beyond USPSTF services; coverage for weight management programs may be available through employee wellness program or plan benefits

**Pharmacotherapy** 321
- Missouri Consolidated Healthcare Plan formulary includes benzphetamine, diethylpropion, phentermine (as covered alternatives to formulary exclusion, Qsymia)
- Coverage criteria not mentioned in plan documents

**Bariatric Surgery** 322
Coverage: YES
- Prior authorization required; see coverage criteria and physician manual for details
- Completion of 6-month diet program (or two 3-month programs w/in 2 years); commercial weight loss programs are acceptable if completed under the direction of a provider or registered dietitian and documentation of participation is available for review

Employee Incentive Program

**Strive for Wellness®** 332
*Health risk assessment: YES*
*Desired outcome(s):*
- Complete the Partnership Promise ($25)
- Complete the Tobacco-Free Incentive ($40)
- Complete online Health Assessment
- Complete online Health Education Quiz

**Reward(s):**
- Premium reduction – up to $65 / month
- Apparel – receive t-shirt for completion of MCHCP-approved health actions*

*examples (p. 59) include receiving an annual preventive exam, attending 3 Strive for Wellness sponsored health education or physical activity events, or walking 1 million steps*

Member services: (573) 751-0771

Other Wellness Benefits

**Weight Management Class**
- 14-week course offered through Strive for Wellness for all state employees (call 573-751-0771 for information)

**Strive for Wellness® Health Center**
- offers routine care for common illnesses and basic preventive care for state employees; located in Jefferson City’s Truman Building

State employees: 106,608 (73% FT)
Premium payments: $367 million

Top state plan/s:
- HSA Plan (SOB) 319
- PPO 600 Plan (SOB)
- PPO 300 Plan (SOB)

Resources & Contacts:
- Office of Administration
- Division of Personnel
- Phone: 573-751-4162
- Missouri Consolidated Health Care Plan
- Phone: 573-751-0771

Adults with obesity: 32% 315
Adults with diabetes: 12% 316

The George Washington University
Washington, DC

STOP OBESITY & PREVENT ALLIANCE