### Clinical Weight Management

#### Prevention, Assessment, & Intervention
- **Preventive Counseling:**
  - Covers preventive diet and behavioral counseling in primary care to promote health (individual or group); see website for limits by age/gender

- **Nutritional Counseling:**
  - Covers counseling with a dietician as a preventive/wellness benefit; up to four (4) visits per calendar year; copay applies after first visit for Select coverage only

- **Behavioral Therapy:**
  - Weight Management Program (WMP) through ActiveHealth for participants with BMI ≥ 30; 12-month program provides telephonic individual counseling with dietitians, nurses and fitness experts

- **Obesity treatment and weight loss therapies (other than those considered preventive/wellness services) are excluded from coverage, regardless of medical necessity, degree of obesity, or clinical diagnosis**

#### Pharmacotherapy
- **Anorectics (any drug used for the purpose of weight loss) are excluded from coverage**

#### Bariatric Surgery
- **Coverage:** YES
  - Benefits for bariatric surgery are limited to one surgery per lifetime paid for by the Plan and are subject to prior authorization by ActiveHealth; participation in (WMP) is required for 6 months for approval

### Employee Incentive Program

#### Motivating Mississippi
- **Health risk assessment:** Not Determined

- Program consists of services offered through ActiveHealth Management, including:
  - Health webinars
  - Digital coaching
  - Maternity management
  - Weight management

- **Reward(s):** No monetary incentive

### Other Wellness Benefits

#### Wellness Center Program Discount
- Various locations across the state; discounted membership for BCBS plan members

#### Healthy You Wellness Benefit
- Offered through BCBS; “Know Your Numbers” online risk assessment tool

### Resources & Contacts:

- **Department of Finance & Administration**
  - Phone: 601-359-3402

- **Office of Insurance**
  - Phone: 601-359-3411

- **ActiveHealth Management**
  - Phone: 866-939-4721

### Statistics
- **Adults with obesity:** 36%  
  **Adults with diabetes:** 15%

- **State employees:** 65,418 (79% FT)

- **Premium payments:** $244 million

- **Top state plan/s:**
  - **Select Coverage (SOB)**
  - **Base Coverage (SOB)**

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**Motivating Mississippi**
Health risk assessment: Not Determined

Program consists of services offered through ActiveHealth Management, including:
- Health webinars
- Digital coaching
- Maternity management
- Weight management

Reward(s): No monetary incentive

**Other Wellness Benefits**

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