# NEBRASKA
Department of Administrative Services (DAS) – Division of State Personnel

## Clinical Weight Management

<table>
<thead>
<tr>
<th>Prevention, Assessment, &amp; Intervention 341</th>
<th>Employee Incentive Program</th>
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</thead>
<tbody>
<tr>
<td><strong>Preventive Counseling:</strong></td>
<td><strong>WellNESS Options 344</strong></td>
</tr>
<tr>
<td>- Covers obesity screening and preventive counseling on health diet and exercise according to UHC plan guidelines; covered with no age/frequency limitations when in-network</td>
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<tr>
<td><strong>Nutritional Counseling:</strong></td>
<td><strong>Health risk assessment:</strong> YES</td>
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<tr>
<td>- Covers nutritional counseling as a preventive care service; possible coverage for nutrition education services if required for disease self-management and provided by RD</td>
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<tr>
<td><strong>Behavioral Therapy:</strong></td>
<td><strong>Desired outcome(s):</strong></td>
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<tr>
<td>- Excludes coverage for the non-surgical treatment of obesity, even if morbid obesity</td>
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<tr>
<td><strong>Excludes coverage for weight loss programs (regardless of medical supervision), foods to control weight or treat obesity, health education classes (including weight control classes) other than those offered through UHC or its affiliates.</strong></td>
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</tbody>
</table>

## Pharmacotherapy 342
- Excludes coverage for drug prescribed for appetite suppression, and other weight loss products

## Bariatric Surgery 343
Coverage: **YES**
- Prior authorization required; member must be at least 25 years of age or under 25 years of age and there is an imminent risk of death

## Other Wellness Benefits

**WeSave Nebraska**
- **Discount program** for state employees; offers reduced prices on gym memberships and Jenny Craig (free 30-day program or 50% off premium program)

**Weight Management Programs**
- Several nutrition and physical activity programs available through wellness program, including “Right This Weigh” and “Walk This Way” programs (pg. 18)

## Resources & Contacts:
**Department of Administrative Services**
Phone: 402-471-6500

**Employee Wellness & Benefits**
Phone: 402-471-4443

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**Adults with obesity:** 31% 334
**Adults with diabetes:** 9% 335

**State employees:** 36,997 (72% FT) 336
**Premium payments:** $120 million 337

**Top state plan/s:**
- **WellNebraska Plan (SOB) 338**
- **Consumer Focused Plan (SOB) 339**
- **Regular Plan (SOB) 340**

*administered by United Healthcare*