### Clinical Weight Management

**Prevention, Assessment, & Intervention**
- Covers obesity screening and counseling prevention services (26 visits/year; up to 10 visits per year for healthy diet)
- Covers MNT and nutrition counseling to aid in weight reduction due to obesity; up to three (3) visits per year; Aetna plans cover up to 10 visits per year for obesity (preventive codes)
- Aetna: Non-surgical treatment for obesity limited to coverage for initial exam, diagnostic tests, and obesity counseling (billed as preventive service)
  - Periodic review of hospital-based/physician-supervised weight loss programs is required for continued coverage

**Nutritional Counseling**
- Covers MNT and nutrition counseling to aid in weight reduction due to obesity; up to three (3) visits per year; Aetna plans cover up to 10 visits per year for obesity (preventive codes)

**Behavioral Therapy**
- Covers MNT and nutrition counseling to aid in weight reduction due to obesity; up to three (3) visits per year; Aetna plans cover up to 10 visits per year for obesity (preventive codes)

**Resources & Contacts**
- Division of Pensions & Benefits
- Phone: 609-292-7524
- State Health Benefits Program (SHBP) & School Employees’ Health Benefits Program (SHEBP)
- Email: pensions.nj@treas.nj.gov

### Employee Incentive Program

**NJWELL**

*Health risk assessment: YES*

**Desired outcomes:** Complete NJWELL activities:
- **Biometric screening** [req’d for incentive]
- Health assessment* [req’d for incentive]
- Preventive health screenings
- Health coaching (1-855-231-1219)
- Flu shot
- Track physical activity

- **5% improvement in biometric scores** (BMI < 30, blood pressure, glucose, or total cholesterol)

**Reward(s):**
- Cash / coupon – up to $250 Visa Debit Card (spouse eligible to earn additional $250)

*SHBP members who enroll in OMNIA Health Plan for at least two years can receive up to $2000 incentive.*

### Other Wellness Benefits

- **Discounted gym membership**
  - Both plans offer discounts to some facilities

- **Commercial weight-loss program**
  - Discounted membership and products from CalorieKing®, Jenny Craig®, and Nutrisystem®

- **Retiree Wellness Program**
  - Must complete annual certification form to remain enrolled in program

### Additional Information

- Adults with obesity: 26% 366
- Adults with diabetes: 9% 367
- State employees: 157,465 (81% FT) 368
- Premium payments: $1.44 billion 369

**Top state plan/s:**
- **AETNA**
  - Aetna HMO (SOB) 370
  - Aetna Freedom15 PPO (SOB) 371
  - Aetna Value HD1500 (SOB) 372
  - Aetna Liberty EPO (SOB) 373
- **HORIZON**
  - Horizon HMO (SOB) 374
  - NJ Direct15 PPO (SOB) 375
  - NJ Direct HD1500 (SOB) 376
  - Omnia Health EPO (SOB) 377