## Clinical Weight Management

**Prevention, Assessment, & Intervention**
- Preventive Counseling:
  - Covers screening and counseling for obesity, diet, and nutrition in a primary care setting

**Nutritional Counseling**:
- Covered when the treatment is medically necessary and the provider is licensed in the state where the service is rendered

**Behavioral Therapy**:
- NYSHIP excludes services, supplies or pharmaceutical products rendered in conjunction with weight reduction programs, unless the patient is morbidly obese and treatment is in a physician’s office

**Pharmacotherapy**
- Phentermine (T1), Lomaira (T1), Saxenda (T2), Belviq (T2), and Contrave (T2) may be covered with prior authorization as preferred agents under the Empire Plan (PPO)
- Saxenda, Belviq, Contrave included on flexible formulary; require PA

**Bariatric Surgery**
- Coverage: COVERED
  - Prior authorization required; see plan medical policies for coverage criteria
  - No evidence of coverage for BCBS Empire HMO plan (all other HMOs indicate coverage)

## Employee Incentive Program

### WellNYS Everyday
- **Health risk assessment**: N/A
- **Desired outcome**: Participation
- Wellness initiative dedicated to educating, engaging, and empowering New York State employees and their families, by encouraging participation in healthy behaviors
- Participate in Olympic and Monthly Challenges
- Provides workplace walking maps, daily wellness tips, and information about NYS Farmers Markets

**Reward(s):**
- Recognition – Participants can receive a certificate and/or wristband for completing monthly challenges
- Opportunity to be recognized as a WellNYS Ambassador

### Other Wellness Benefits

**Health & Wellness Incentives**
- Vary by plan; examples include Independent Health’s Nutrition Benefit and CDPHP’s Life Points reward program

<table>
<thead>
<tr>
<th>Adults with obesity:</th>
<th>25%</th>
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<tbody>
<tr>
<td>Adults with diabetes:</td>
<td>10%</td>
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<tr>
<th>State employees:</th>
<th>270,350 (83% FT)</th>
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<tr>
<td>Premium payments:</td>
<td>$2.01 billion</td>
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**Top state plan/s:**
- Empire Plan PPO (SOB)
- MVP HMO (SOB)
- Independent Health HMO (SOB)
- Excellus BCBS HMO (SOB)
- Emblem HMO (SOB)
- Empire BCBS HMO (SOB)
- CD PHP HMO (SOB)
- BCBS WNY HMO (SOB)
- Excellus BlueChoice 25 HMO (SOB)

## Resources & Contacts
- **New York State Health Insurance Program**
  Phone: 1-877-769-7447
- **Department of Civil Service**
  Phone: 518-457-5754