## Clinical Weight Management

**Prevention, Assessment, & Intervention** 465,466
Preventive Counseling:
- Covers only annual wellness visit

Nutritional Counseling:
- PEBTF covers up to 2 visits per year of healthy diet/activity counseling for adults with known chronic-disease risk factors (PCP or referral); preventive benefit only

Behavioral Therapy:
PEBTF excludes coverage for the non-surgical treatment of obesity and the control or management of weight, including nutritional counseling, nutritional supplements, commercial weight loss programs, exercise equipment or gym memberships.
- Weight management programs or benefits may be available through the Get Healthy Program and/or some plan wellness programs

**Pharmacotherapy** 467
- PEBTF excludes coverage for medications for weight reduction

**Bariatric Surgery** 468
Coverage: NO*
- PEBTF excludes coverage for all services and supplies for the surgical treatment of obesity.

*Beginning 2018, state employees have access to bariatric surgery as a covered benefit.

## Employee Incentive Program

### Get Healthy Program 469
**Health risk assessment:** Know Your Numbers

**Desired outcome:**
- Complete wellness screening by end of December to avoid employee contribution surcharge (for plan year beginning July of following year)
- Free screenings offered by Quest Diagnostics at employee worksites and Patient Service Center; copays and leave requests apply if completed by PCP at separate visit

**Reward(s):**
Premium reduction – $62.19 per pay (2017)

### Other Wellness Benefits

**Discounted programs & products**
- See summary of discounts for each plan:
  - Highmark Blue365
  - Geisinger
  - Aetna

**Get Healthy Resources & Webinars**
- **Collection of resources** includes handouts on healthy eating, interactive presentations, and recipes
- PEBTF covered employees can register for **monthly webinars** on various health topics

*resources developed by ActiveHealth Management

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Adults with obesity: 30% 460
Adults with diabetes: 10% 461

State employees: 206,517 (69% FT) 462
Premium payments: **No data**

Top state plan/s:
- **PPO Option** (same coverage) 463
  - Basic PPO – Highmark Blue Shield (SOB)
  - Choice PPO – Aetna (SOB)
- **HMO Option** (same coverage) 464
  - PEBTF Custom HMO – Aetna (SOB)
  - PEBTF Custom HMO – Geisinger (SOB)

**Resources & Contacts:**
- **Pennsylvania Employees Benefit Trust Fund**
  Phone: 717-561-4750 (ext. 7511)

**Obesity Prevention & Wellness Program**
Phone: 877-724-3258