# Clinical Weight Management

**Prevention, Assessment, & Intervention**

- **Preventive Counseling:** Covers obesity screening and preventive counseling services according to USPSTF guidelines; limits not found

- **Nutritional Counseling:** Covers up to 3 visits per lifetime for nutritional counseling and therapy services (certain conditions not subject to limit)

- **Excludes pre- and post-bariatric surgery nutritional counseling**

- **Behavioral Therapy:**
  - Some coverage available as preventive services and Diabetes Prevention Program
  - Plans state general exclusion for non-surgical weight control, weight loss, and obesity treatments other than preventive

*Diabetes Prevention Program* covered at 100% for eligible PEBB members (call 1-877-229-7111)

**Pharmacotherapy**

- Does not cover drugs for obesity or weight loss; excludes medications and related physician visits for medication monitoring

**Bariatric Surgery**

Coverage: YES

- Prior authorization required; must be 18 years or older; see plan documents for full coverage criteria and eligible procedures

- Requires 6 months participation in weight management program (commercial or physician-supervised)

# Employee Incentive Program

**SmartHealth Wellness**

*Health risk assessment:* YES

*Desired outcomes:*

- Complete the SmartHealth Well-being Assessment
- Earn at least 2,000 points through participating in and tracking health activities

*Reward(s):*

- Cash / coupon
  - $125 wellness incentive (HSA deposit or deductible reduction)
  - $25 Amazon.com gift card

*Recognition – Zo8 Award*

# Other Wellness Benefits

**Health Plan Discounts**

- All PEBB health plans offer discounted commercial weight management programs, gym memberships, and other services.

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**Resources & Contacts:**

**WA State Health Care Authority**

Phone: 1-844-284-2148

**Public Employees Benefits Board**

Phone: 1-800-200-1004

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**Note:** Kaiser Permanente WA was formerly called GroupHealth

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Adults with obesity: **26%**

Adults with diabetes: **8%**

State employees: **156,069** (65% FT)

Premium payments: **$963 million**

Top state plan/s:

- Uniform Medical Plan Classic (SOB)
- Uniform Medical Plan CDHP (SOB)
- Uniform Medical Plan Plus (SOB)
- Kaiser WA Classic (SOB)
- Kaiser WA Value (SOB)
- Kaiser WA CCDP (SOB)
- Kaiser WA SoundChoice (SOB)

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**Stop Obesity in its Tracks**

**Stay Active & Preventive**

**The George Washington University**

**Washington, DC**

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