



Weight Management Pilot Program Year 3

What is the Weight Management Pilot Program?

The Department of Management Services (department) will offer the second year of a Weight Management Pilot Program (pilot) for the 2020 Plan Year to provide coverage for the treatment and management of obesity and related conditions.

The pilot will cover medical services provided by treating physicians and all Federal Drug Administration-approved medications prescribed for chronic weight management. Pilot participants will be responsible for all applicable medical and prescription drug copayments, coinsurance, deductibles and out-of-pocket expenses.

What benefits will I receive for participating in this program?

Pilot participants will be enrolled in a wellness program for the duration of the 2020 plan year. The specific programs will vary based on the health plan, but they will all be based on the Centers for Disease Control and Prevention's Lifestyle Change program. More information about Lifestyle Change programs is available here: <https://www.cdc.gov/diabetes/prevention/lifestyle-program/experience/index.html>. Participation in these wellness programs is limited to pilot participants will be done on personal time.

Additionally, pilot participants will have access to prescription drug coverage for all Federal Drug Administration-approved medications for chronic weight management. Those drugs are not currently covered under our plan, but will be covered for those participating in the pilot at the standard co-pay rates (http://mybenefits.myflorida.com/health/health_insurance_plans/prescription_drug_plan).

Who is eligible?

The pilot is open to 2,000 enrollees and their dependents in the State Group Health Insurance Program who meet **ALL** the following eligibility criteria:

1. Enrolled in Aetna, AvMed, Florida Blue or United Healthcare in the 2019 **and** 2020 plan years;
2. Body Mass Index (BMI) of 27 or higher and at least one weight-related comorbid condition (e.g., hypertension, high cholesterol, type 2 diabetes) **or** BMI of 30 without a comorbid condition;
3. 18 years or older;
4. Completed a health risk assessment in 2019;
5. Consent to provide personal and medical information to the department;
6. Referred and supervised by a licensed physician in-network with the health plan during the 2019 plan year; and
7. Agree to enroll in a department-approved wellness program during the 2020 plan year;
8. If enrollees participated in year one and year two of this pilot, they must have submitted a completed Mid-Year Progress Report and End of Year Progress Report.

Who is not eligible?

The following enrollees or their dependents covered under the State Group Health Insurance Program are not eligible to participate in the pilot:

- Enrollees and their dependents enrolled in Capital Health Plan or Florida Health Care Plan during the 2019 and 2020 plan years;
- Enrollees or dependents under the age of 18;
- Enrollees in COBRA;
- Women who are pregnant, plan to become pregnant, or are nursing; and
- Enrollees or dependents who do not meet all of the pilot's eligibility criteria.

How do I find out what my Body Mass Index (BMI) is?

Your physician can provide this information to you or your dependent based on a completed health risk assessment in 2019.

How do I find out if I have any comorbid conditions?

Your physician can provide this information to you or your dependent based on a completed health risk assessment in 2019.

How will applicants be selected?

Applicants who meet the pilot eligibility criteria and who have submitted a completed application and a completed Physician Referral Form signed by their physician will be selected on a first-come, first-serve basis.

Only one application will be considered per member.

How long will the pilot last?

The application window for the pilot begins October 7, 2019 and closes November 15, 2019. Medical and prescription drug coverage for treatment for chronic weight management starts January 1, 2020 and concludes December 31, 2020.

How do I apply?

The only way to apply is online at

http://mybenefits.myflorida.com/health/weight_management_pilot_program. The application period will run from October 7, 2019, through November 15, 2019. The department will not accept applications that are mailed or faxed in; additionally, the department will not consider applications received after November 15, 2019.

Where do I submit my application?

You must apply online at http://mybenefits.myflorida.com/health/weight_management_pilot_program. The application must be accompanied by a completed Physician Referral Form which is signed and dated by your referring physician who will be supervising your treatment plan. You will need to scan the Physician Referral Form and save it as a PDF file in order to submit it online with your application.

Is it secure for me to apply online?

Yes. The information you enter during the application process and submit to the department is encrypted and secure.

Will the information on my application be kept confidential?

Yes, your information will be kept confidential. As part of the application process, you must consent to provide personal and medical information to the department.

The department is required to report pilot information to the Florida Legislature. Information about your participation will not be shared with your employer or anyone else on an individual basis and only the combined results of all participants will be reported to measure the success of the pilot.

How will I know if I am selected?

Once the application review process is completed by the department, applicants will be notified in December 2019 by email the outcome of their application.

How much will it cost to participate in the pilot?

While there is no participation fee, pilot participants will be responsible for all applicable medical and prescription drug copayments, coinsurance, deductibles and out-of-pocket expenses.

What are my responsibilities if I am a pilot participant?

As a pilot participant, you will be required to follow the treatment plan prescribed by your physician, engage in a department-approved wellness program, and submit two progress reports to the department during the 2019 plan year.

The first progress report is due no later than May 29, 2020, and must document your reduction in BMI and weight, and any change in comorbid conditions if applicable. The report must be signed by your physician. The progress report must be submitted online at http://mybenefits.myflorida.com/health/weight_management_pilot_program. You will need to scan the report and save it as a PDF file to submit it online.

The second report is due no later than October 30, 2020, and must document your reduction in BMI and weight, and any change in comorbid conditions if applicable. The report must be signed by your physician. The progress report must be submitted online at http://mybenefits.myflorida.com/health/weight_management_pilot_program. You will need to scan the report and save it as a PDF file to submit it online with your application.

When will I learn more about the department-approved wellness program?

The department is working with participating health plans to provide pilot participants with a department-approved wellness program that consistently offers guidance on nutrition and physical activity to support any treatment plan prescribed and provided to you by your physician.

The specific programs will vary based on the health plan, but they will all be based on the Centers for Disease Control and Prevention's Lifestyle Change program. More information about Lifestyle Change programs is

available here: <https://www.cdc.gov/diabetes/prevention/lifestyle-program/experience/index.html>.
Participation in these wellness programs is limited to pilot participants will be done on personal time.

Do I need to be on a specific weight management program to participate?

No, you do not need to follow a specific weight management program to participate. However, you will be required to follow the treatment plan prescribed and provided to you by your physician.

What prescription drugs are available for chronic weight management?

The department will rely on your treating physician to prescribe a prescription drug that has been approved by the FDA for chronic weight management based on your unique health status and needs. Your physician may want you to take a prescription drug along with a reduced-calorie diet and increased physical activity for chronic weight management.

Who do I contact with questions?

Questions should be directed to the department at weightmanagement@dms.myflorida.com.

Why are Capital Health Plan or Florida Health Care Plan excluded from participating in this program?

The Florida Legislature directed the department to establish this pilot through the self-insured plans. Capital Health Plan is a fully insured plan.

Do I have to take prescription weight loss drugs to participate?

No, participants are not required to take prescription weight loss drugs in order to participate in the pilot.