

Weight Management Analysis

Item 13 – Group Insurance Board

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Informational Item Only

No Board action is required.

Definition: Overweight & Obesity

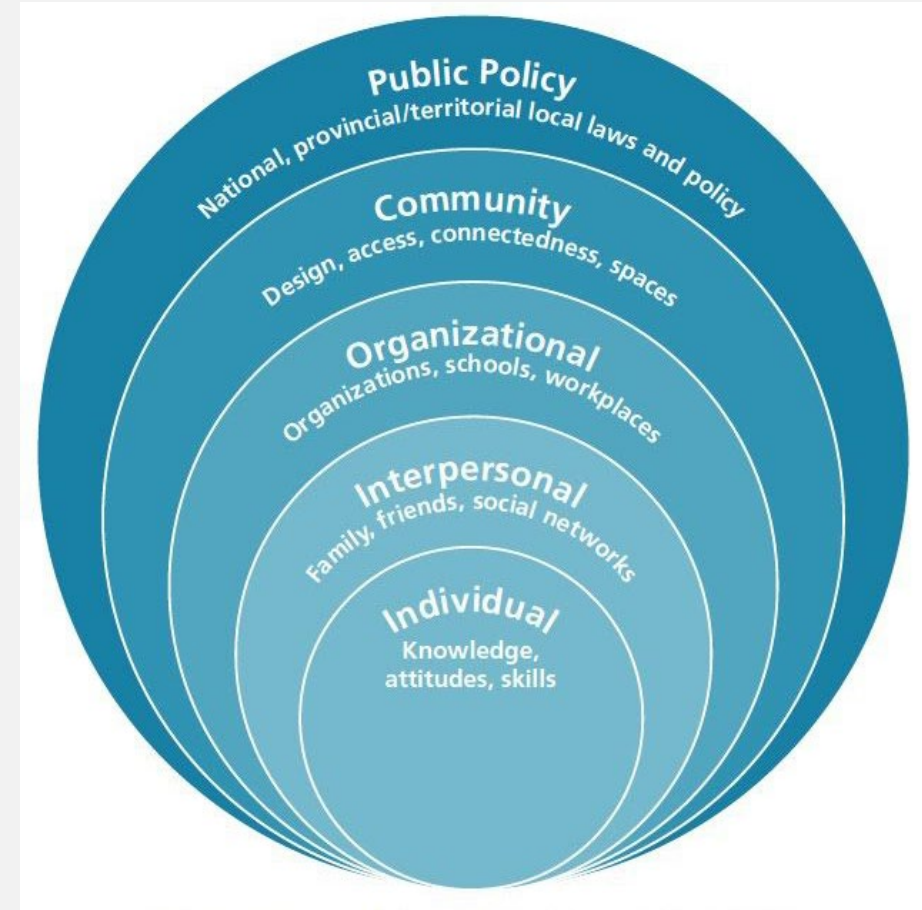
- Body Mass Index (BMI)

BMI	Category
<18.5	Underweight
18.5 - <25	Healthy
25 - <30	Overweight
30 - <35	Obese, Category 1
35 - <40	Obese, Category 2
40+	Obese, Category 3

- Screening tool, to be used with other indicators

Obesity Prevalence & Influences

- 33.9% of Wisconsin adults are obese
- Disproportionately impacts residents of color
- Higher risk of serious disease
- Driven by many factors



Medical/Clinical Approaches

- Covered

- USPSTF-recommended screening
- Nutritional counseling for a covered medical condition
- Bariatric surgery

- Not Covered

- Nutritional counseling for weight loss (unless part of bariatric surgery prep)
- Weight loss or diet programs

Challenges to Lower-Intensity Obesity Treatments

First line treatments must include physical activity and diet

“Set point” of body fat may limit impact

Second line treatments include devices, bariatric surgeries, and pharmacotherapy

Member Weight-Loss Drug Experience

Navitus has four weight-loss drugs available to be added to non-Medicare formularies

Drugs are for people with a BMI of 27 or higher and a weight-related medical issue or adults with a BMI of 30 or higher

Prior Authorization forms require weight-loss drug use must be accompanied by exercise and dietary changes

Institute of Clinical and Economic Review Payer Recommendations

Changing the Body Mass Index (BMI) thresholds

Not require lifestyle management programs along with weight-loss drugs

Step therapy required for weight-loss drugs

Challenges for Weight-Loss Drug Inclusion

Ability to give patients all the needed tools

Long-term benefits/effects of taking weight-loss drugs

Cost to payers

Lifestyle Approaches

Telephonic
health
coaching

Digital
health
coaching

Educational
content and
articles

Wellness
challenges

Podcasts

Fitness
videos

Healthy
recipes

Diabetes
Prevention
Program

Intensive Lifestyle Weight Management

2017 – 2018: Ignite

2020: Group Weight Management

2021 – 2022: Positively Me

Positively Me Results

40 – 50% improved weekly exercise and fruit and vegetable intake

51% lost weight; average 8 – 10 pounds

Additional GHIP Benefits

Health savings accounts or flexible spending accounts

UnitedHealthcare offers Real Appeal to Medicare Advantage members

Other Approaches

- Other States and Local Governments
 - Similar benefits as GHIP
 - Two indicated nutritional counseling coverage
 - One indicated meal replacement therapy coverage
- Other employers
 - Healthy home delivery
 - Weight management meetings
 - Onsite fitness centers
 - Personal trainers
 - Healthy vending and café options

Legal Limitations

Limitation to modify or expand benefits under [Wis. Stats. § 40.03\(6\)\(c\)](#)

Benefits that are not medical expense under [26 U.S. Code § 213\(d\)](#) are taxable income

Next Steps

Evaluation
opportunities

Well Wisconsin
RFP

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Questions?

Thank you



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