

Health Plan Adult Weight Management Program Description

Program Objective

The Adult Weight Management program provides telephonic outreach, education and support services to Members in order to improve nutrition and exercise patterns to manage weight and minimize health risk factors.

Eligibility Criteria

An individual is considered to be medically eligible for the Program if any of the following conditions are met:

- ≥ 18 years of age and
- Body Mass Index (BMI) ≥ 25 or
- History of BMI ≥ 25 with need for weight management support

Individuals with more than one eligible condition will be encouraged to enroll in the appropriate program based on the Envolve PeopleCare Hierarchy of Disease algorithm.

Enrollment

Members are referred into the Program by a health plan physician or case manager. Members may self-refer into the program if agreed to by the client.

Referred members are contacted by phone to explain the program, confirm eligibility and conduct an Initial Health Assessment (IHA). Several attempts are made to contact the Member by telephone. Members who do not respond to telephone outreach are sent a post card encouraging enrollment.

Once contact is made, the Program is explained to Members, eligibility is confirmed and a health assessment is initiated to collect information on current weight and presence of co-morbidities or other risk factors. A baseline call is then scheduled (or can be completed at that time) with a health coach specializing in weight management (Registered Dietitian Nutritionist or Exercise Physiologist). The member will then receive an introductory mailing with education materials.

Ongoing Coaching

The Health Coach will complete the assessment and develop an individualized care plan based on the participant's current status, including physical activity limitations, presence of co-morbidities, dietary intake, lifestyle behaviors, and readiness to change. Internal clinical guidelines are developed from nationally recognized evidence-based guidelines published by the National Institutes of Health, and the Academy of Nutrition and Dietetics.

Components of the program include:

- Nutritional coaching for appropriate rate of weight loss

- Education on the role of fats, carbohydrates, and protein in proper nutrition
- Optimizing physical activity levels to meet recommended guidelines
- Behavior modification skills for long-term weight management
- Food preparation and portion control methods
- Label reading skills
- Strategies when eating out
- Benefits of physical activity and tips to keep motivated with exercise
- Supporting tobacco cessation
- Education materials to enhance understanding and compliance
- Unlimited inbound calls

Throughout the program, the Health Coach will work with the participant to identify barriers to care plan compliance and will address questions regarding condition management.

Program Length

Members may participate in the Program as long as they remain medically eligible, are receiving primary health care coverage with the HMO and have not requested to be disenrolled from the program

Disenrollment or Exclusion

Members may be Disenrolled or Excluded from the Program under the following circumstances:

- Member dies;
- Members with serious or life-threatening medical conditions including mental health will be referred to case management.
- Member's health care coverage with HMO terminates or HMO no longer provides the Member's primary coverage as determined under applicable coordination of benefits rules by HMO and communicated PROVIDER.
- Member is no longer capable of participation in the Program, in the reasonable determination of PROVIDER.