

Health Plan Pediatric Weight Management Program Description

Program Objective

Raising Well®, the pediatric weight management program, helps overweight and obese children achieve long-term physical health improvement by targeting and working with parents to achieve permanent healthy lifestyle habits.

Eligibility Criteria

An individual is considered medically eligible for the program if their BMI is > 85th percentile for age. The program is designed for members two to seventeen years of age.

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

Enrollment

Members are identified for enrollment based on medical and pharmacy claim data. Members may also be referred to the Program by a health plan physician, case manager or self-referral.

An introductory mailing is sent to the parent/guardian of identified Members (candidates) announcing the program and informing Members they will receive a phone call. 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 identify clinical risk, education needs and assign the Member to the appropriate Health Coach (a Registered Dietitian Nutritionist or an Exercise Physiologist).

Ongoing Coaching

The Health Coach will complete the assessment and develop an individualized care plan based on the participant's knowledge of their condition, lifestyle behaviors, and readiness to change. Internal clinical guidelines are developed from nationally recognized evidence-based guidelines published by the American Academy of Pediatrics, the Academy of Nutrition and Dietetics, and the Department of Health and Human Services. Components of the program include:

- Promotion of physical activity
- Parent training/modeling
- Dietary coaching
- Nutrition education
- Exercise education
- Behavioral coaching

- Promoting and tracking regular physician visits
- Unlimited inbound calls
- Education materials to enhance understanding and compliance.

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.

Candidates who are not interested in telephonic coaching at enrollment or who choose to opt out after enrollment may call to speak with a Health Coach at any time to ask questions or opt back into telephonic coaching.

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.
- Members health care coverage with HMO terminates or HMO no longer provides the Members 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.