



# Weight Management Pilot Program

## Frequently Asked Questions (FAQs)

### What is the Weight Management Program?

The Department of Management Services (Department) will offer the Weight Management Program (WMP) in 2024 to provide coverage for the treatment and management of obesity and related conditions.

The Program covers medical services provided by treating providers and all Federal Drug Administration (FDA) approved medications prescribed for chronic weight management. Program participants are 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?

WMP participants will be enrolled in a wellness program for the duration of 2024. The specific programs will vary based on the health plan the participant is enrolled in, but they will all be based on the Centers for Disease Control and Prevention's (CDC) Lifestyle Change programs. More information about Lifestyle Change programs is available here: [Losing Weight | Healthy Weight, Nutrition, and Physical Activity | CDC](#).

Participation in these wellness programs is limited to WMP participants and will be done on personal time.

Additionally, WMP participants have access to prescription drug coverage for all FDA approved medications for chronic weight management. These drugs are only covered for WMP participants at the [standard co-pay rates](#).

### Who is eligible?

The Program is open to 2,500 enrollees and their dependents in a State Group Insurance Program health plan who meet **ALL** the following eligibility criteria:

1. Enrolled in Aetna, Florida Blue, Capital Health Plan, or United Healthcare in 2023 **and** 2024.
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 2023.
5. Consent to provide personal and medical information to the Department.
6. Referred and supervised by a licensed in-network physician with their respective health plan during the 2024.
7. Agree to enroll in a Department-approved wellness program during 2024.
8. For enrollees that participated in 2023 of the WMP, 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 a State Group Insurance Program health plan are **not** eligible to participate in the program:

- Enrollees or dependents under the age of 18.
- Enrollees in COBRA.
- Women who are pregnant, plan to become pregnant, or are nursing.
- Enrollees or dependents who do not meet all program eligibility criteria.

### **What is as Body Mass Index (BMI)?**

BMI is a measure of body fat based on height and weight that applies to adult men and women. Your physician can provide this information to you or your dependent based on a completed health risk assessment and the Provider Referral Form in 2023.

### **What is a comorbid condition and how do I know if I have one?**

Comorbidity is the occurrence of multiple chronic or acute disease and medical conditions within one person. In this program we identify weight related comorbid conditions (e.g., hypertension, high cholesterol, type 2 diabetes). Your physician can provide this information to you or your dependent based on a completed health risk assessment and the Physician Referral Form in 2023.

### **How are applicants selected?**

Applicants who meet program eligibility criteria and who have submitted a completed application, and a signed Provider Referral Form (PRF) will be selected on a first-come, first-served basis. You will need to scan the PRF, save it as a PDF file, and submit the form online. We will only accept completed applications submitted online.

Only one application will be considered per member.

### **How long will the Program last?**

The application window begins December 12, 2023. Medical and prescription drug coverage for treatment for chronic weight management begins Jan. 1, 2024, and ends Dec. 31, 2024.

### **How do I apply?**

You must apply online here: [http://mybenefits.myflorida.com/health/weight\\_management\\_pilot\\_program](http://mybenefits.myflorida.com/health/weight_management_pilot_program). The Department will not accept applications that are mailed or faxed; additionally, the Department will not consider applications received after 2,500 participants have been approved for the WMP.

### **How do I submit my application?**

You must apply online here: [http://mybenefits.myflorida.com/health/weight\\_management\\_pilot\\_program](http://mybenefits.myflorida.com/health/weight_management_pilot_program). The application must be accompanied by a signed, dated, and completed Provider Referral Form (PRF). Your referring provider is who will supervise your treatment plan. You will need to scan the PRF and save it as a PDF file or JPEG in order to submit it online with your application. You must also complete a Health Risk Assessment (HRA) through your health plan's website. We do not need a copy of your HRA completion but indicate in your online application that you have completed it. [Contact](#) your health plan provider for assistance in completing their HRA online.

### **Is it secure for me to apply online?**

Yes. Your application and information 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 program 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 Program.

### **How will I be notified if I am selected?**

When the Department completes the application review process, applicants will be notified by email.

### **How much does it cost to participate in the Program?**

There is no participation fee. However, WMP participants are responsible for all applicable medical and prescription drug copayments, coinsurance, deductibles, and out-of-pocket expenses.

### **What are my program participant responsibilities?**

As a WMP participant, you are required to follow the treatment plan prescribed by your provider, engage in a department-approved wellness program, and submit two progress reports to the Department during 2024. The submission of this progress report is required for continued participation in the WMP, including use of FDA approved drugs for chronic weight management. We will only accept completed progress report submitted.

The first progress report is due no later than May 26, 2024, and must document your reduction in BMI and weight, and any change in comorbid conditions, if applicable. You must submit updated lab work for your Mid-Year Progress Report and have it signed by your provider. The progress report must be submitted online at [http://mybenefits.myflorida.com/health/weight\\_management\\_pilot\\_program](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 27, 2024, and must document your reduction in BMI and weight, and any change in comorbid conditions, if applicable. You must submit updated lab work for your End-of-Year Progress Report and have it signed by your physician. The progress report must be submitted online at [http://mybenefits.myflorida.com/health/weight\\_management\\_pilot\\_program](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 program 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.

Specific programs will vary based on health plan, but they will all be based on the CDC's Lifestyle Change programs. More information about Lifestyle Change programs is available here: [Losing Weight | Healthy Weight, Nutrition, and Physical Activity | CDC](#). Participation in these wellness programs is limited to WMP participants. This will be completed on your personal time. Information about tools and resources available to help you achieve a healthy lifestyle is available by contacting your health plan's wellness program provider.

**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 provider. You must enroll in the wellness program through your health plan once approved to participate in the WMP. [Contact](#) your health plan for additional information.

**Which 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. Only FDA approved medications for weight loss will be covered under the WMP at a standard co-pay. You will be responsible for out-of-pocket expenses for weight loss drugs not included in the Program.

**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 WMP.

**Who can I contact with questions?**

Questions should be directed to the Department at [weightmanagement@dms.fl.gov](mailto:weightmanagement@dms.fl.gov).

**What are the wellness benefits offered by my health plan?**

Each health plan offers comprehensive wellness benefits for members in the State Group Insurance Program. [Contact](#) your health plan provider for additional information. To see a comparison of the wellness benefits of each plan, view the [Wellness Benefits Comparison Chart](#).