

Healthy Lifestyle Program for Weight Loss

You are on your way to your new healthy lifestyle. If you are a Community Health Direct member and if you have been prescribed a weight-loss medication, you must take the following steps in order to have your medications covered under the plan.

Healthy Lifestyle Program Features:

For employees with a **BMI > 30** or a **BMI > 27 + 1 comorbidity**. The Healthy Lifestyle Program gives employees with Network insurance *who are on a weight loss medication* the opportunity to meet one-on-one with one or more of the following providers:

- Health coach (by phone or in-person)
- Registered dietitian nutritionist (RDN)
- Fitness coach



Health Coaches

Knowing *what* you should do and being *motivated* to do it do not always come together. Health coaching will help you examine your thinking, what you're currently doing, and help your behavior to be consistent with your health goals. You will learn to set realistic goals to help motivate you to overcome obstacles. You will learn to examine your barriers, struggles, and successes to increase your motivation and self-confidence and create the success you envision for yourself.

Registered Dietitian Nutritionists

Registered Dietitian Nutritionists understand the interaction between the food we eat and our bodies. They examine the relationship between food intake, disease prevention, and weight management. Avoid diet hype, instead get sound nutritional advice from your Registered Dietitian Nutritionist.

Fitness Specialists

Learn how to get more physical activity in a way that is comfortable, enjoyable, and fits your life. Your Fitness Specialist will guide you in developing a step-by-step plan that includes structured exercise and daily living activities. You may occasionally practice exercises side-by-side.

Health Promotions Enrollment	Community Health Direct For more information on program and medications
please call 317-621-4304	Please call 317-621-7575 option 2

FDA Approved weight loss/anti-obesity medications covered include the following:

Step 1:

- Contrave (naltrexone/bupropion)
- Xenical (orlistat)
- Qsymia (phentermine/topiramate)

Step 2:

- Saxenda (liraglutide)
- Wegovy (semaglutide)

Step 3:

- Didrex (benzphetamine)
- Phendimetrazine
- Adipex (phentermine)
- Lomaira (phentermine)
- Tenuate (diethylpropion)

Employees must meet at least once a month with a Health Coach, RDN, or Fitness Specialist and their weight must be recorded for documentation purposes for approval on weight-loss medications.

Clinical guidelines for medication coverage:

- **Member has body mass index (BMI) greater than or equal to 30kg/m²; OR**
- **Member has body mass index (BMI) greater than or equal to 27kg/ m² with one of the following obesity related risk factors:**
 - 1) **Dyslipidemia:** HDL cholesterol less than 35mg/dL; **OR** LDL cholesterol greater than or equal to 160mg/dL; **OR** triglycerides greater than or equal to 400mg/dL
 - 2) **Hypertension:** > 140/90
 - 3) **Obstructive sleep apnea:** Supported by clinical data
 - 4) **Diagnosis of Type 2 diabetes mellitus**
 - 5) **Prediabetes:** with clinical data of one of the following: Impaired Fasting Glucose: 100-125 mg/dL; Impaired Glucose Tolerance: 2-hour post-load glucose on the 75g OGTT of 140 to 199 mg/DL **OR** HgA1c between 5.7 to 6.4%
 - 6) **Metabolic syndrome** (≥3 of the following criteria): Elevated triglycerides: ≥150 mg/dL; Low HDL: Men <40 mg/dL, women <50 mg/dL; Blood pressure ≥135/85 mmHg; Fasting plasma glucose ≥100 mg/dL; Elevated waist circumference: Men >40 inches, Women >35 inches
 - 7) **Cardiovascular disease:** (history of myocardial infarction, heart failure, stroke, ischemic heart disease, angina, transient ischemic attack, peripheral vascular disease)
 - 8) **Arthritis:** supported by clinical data

