



If you are overweight, losing as little as 10 to 20 pounds can improve your quality of life. More importantly, it can help you avoid potentially serious health conditions, like type 2 diabetes, coronary heart disease and stroke, and certain types of cancer.

To help you attain or maintain a healthy weight, the University of Arkansas Health Plan offers:

- *Nutritional counseling for all members*
- *Weight management options for those who qualify*

Health coaching is an optional service for all program levels through Onlife Health. For more information on this voluntary resource, contact Onlife Health at 1-877-369-0285 or www.OnlifeHealth.com.



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The U of A **Nutritional Counseling & Weight Management**



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A Level to Fit Your Needs

Level I Preventive (all members)

All U of A Health Plan members are eligible to receive annual nutritional counseling (one visit per plan year) with a registered dietitian at an in-network facility. There is no cost to participants for this preventive service.



*To access Level II or Level III of the weight management program, you must be under the direction of a physician, with documentation through a **Physician Attestation Form**, available at umr.com, or by calling **888-438-6105**.

Please have your physician complete the form during your initial visit and fax it to the number listed on the form. Your initial nutritional visit does not require prior authorization.

Level II* Nutritional Counseling Weight Loss

Individuals with a body mass index (BMI) of 27 or greater are eligible to enroll in a nutritional counseling weight loss program.

This program allows up to three additional visits (four total) annually with a registered dietitian at an in-network facility. Please note, food and dietary supplements are not covered.

A registered dietitian can give you advice on how to follow a healthy eating plan, lose weight safely and keep the weight off.

Medicare Primary enrollees are not eligible for Levels II or III.



Level III* Metabolic Weight Loss

Individuals who have a BMI of 30 or greater are eligible for reimbursement of the cost of metabolic weight loss programs up to a \$1,000 limit (per lifetime).

Coverage will be for instruction, education, weight monitoring, counseling and support. Initial and routine lab work will be covered as provided within the program and within the benefit. Weight loss food products and meal replacement shakes are not covered.

Managing your weight takes a life-long commitment. Your level of success depends on the types and amounts of foods you eat and your level of physical activity. A metabolic weight loss program can help you develop a personal approach to weight loss that achieves long-term results.

Examples of programs covered under Level III:

- UAMS Weight Loss and Metabolic Control Program
- St. Bernard's Center for Weight Loss
- White River Medical Center Weight Loss Program

Members participating in Level III must submit a **Reimbursement Request Form** to UMR. The form is available at umr.com, or by calling **888-438-6105**.