

HII Weight Management Program Guide



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Overview

The HII Weight Management program, operated by QuadMed, meets the requirements of HII's Anthem health plans to receive coverage for weight-loss medications, including GLP-1s. This program is comprised of three periods – pre-prior authorization, treatment, and maintenance, and is at no additional cost to you.

Designed with your goals in mind, the HII Weight Management Program can help you manage your weight and adopt healthier lifestyle habits and behaviors. Your dedicated care team will offer support, motivation, and the educational tools you need to succeed at improving your overall health.

A QuadMed MyChart account is required for program engagement and communications. If you don't remain compliant with the program requirements, your medication will no longer be covered by insurance. You will need to pay the entire cost of the medication going forward, and it may not count toward your deductible or out-of-pocket maximum.

If you have any questions about your status in the program, please contact the HII Weight Management Program team at 414-622-3210 or HIIWeightManagement@quadmedical.com.

Don't have a QuadMed MyChart account?
Sign up today at myquadmed.com/hii.



Pre-Prior Authorization Period

This period lasts six months and includes behavior modification support through QuadMed wellness programming and preparatory visits with your primary care provider (PCP), required to obtain prior authorization approval for anti-obesity medications (AOM) to be covered by your HII health benefits plan. You may need to complete more than one wellness program to fulfill the prior authorization requirement. Documented Vida participation may also qualify.

OPTION 1: Individualized Wellness Coaching/RDN Sessions

This option includes recurring 1:1 coaching sessions with a QuadMed registered dietitian nutritionist (RDN) and certified wellness coach. These sessions are spread across six months to help you sustain engagement and meet the prior-authorization requirements.

Additional requirements:

- ✓ Quarterly PCP visits
- ✓ Monthly weight checks

OPTION 2: Wellness Programs

(choose one or more to meet the six-month requirement)

1. **WEIGH BEYOND** 3-month program

Participants can complete the Weigh Beyond program and follow-up coaching or RDN sessions to show a total of six months of sustained engagement. The program offers various start dates and sessions that cover topics such as understanding personal nutrition needs, managing emotions, prioritizing movement, and more.

Additional requirements:

- ✓ Quarterly PCP visits
- ✓ Monthly weight checks
- ✓ Additional wellness coach/RDN session

2. WEIGH BEYOND PLUS 6-month program

This program utilizes a virtual meeting space and PowerPoint presentations to explore topics such as understanding personal nutrition needs, managing emotions, prioritizing movement, and more with our certified wellness coaches and RDNs.

Additional requirements:

- ✓ Quarterly PCP visits
- ✓ Monthly weight checks
- ✓ Additional coach/RDN session

3. PREVENTT2 12-month program

PreventT2 is a program designed by the U.S. Centers for Disease Control and Prevention (CDC) to help you prevent or delay developing Type 2 diabetes. These classes teach the skills needed to make lasting healthy lifestyle changes over the course of 26 sessions spread throughout a 12-month cycle. Completing the first six months of the program fulfills the prior-authorization requirements for weight-loss medication.

Additional requirements:

- ✓ Quarterly PCP visits
- ✓ Monthly weight checks
- ✓ Additional coach/RDN session if classes are missed

3-month program

4. HEART OF STEEL

Participants can complete the Heart of Steel program and follow-up coaching or RDN sessions to demonstrate a sustained engagement of six months or more.

Additional requirements:

- ✓ Quarterly PCP visits
- ✓ Monthly weight checks
- ✓ Additional coach/RDN session

Treatment Period

This period can last up to 9-12 months, longer depending on your provider's guidance. During this time, you will begin receiving your anti-obesity medications and work closely with your PCP to ensure the medication is effective. You will continue to work with your care team to become more proficient at utilizing self-management techniques and continued healthy lifestyle changes.

REQUIREMENTS:

- ✓ Monthly PCP visits
- ✓ Monthly weight checks
- ✓ Quarterly care team visits (choice of QuadMed wellness coach, RDN, or certified diabetes care and education specialist)

NOTE: Documented Vida participation may also qualify.

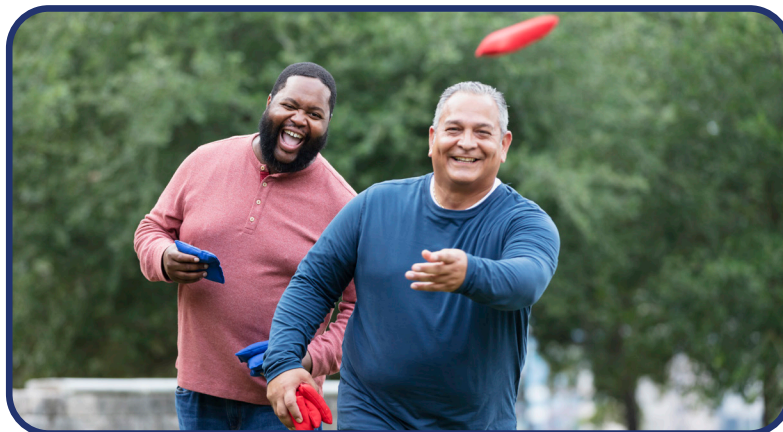
Maintenance Period

This period is ongoing as long as you continue to use your anti-obesity medications. During this period, you will continue to meet with your PCP and care team to receive ongoing lifestyle and behavior management support.

REQUIREMENTS:

- ✓ Quarterly PCP visits
- ✓ Quarterly weight checks
- ✓ Quarterly care team visits (choice of QuadMed wellness coach, RDN, or certified diabetes care and education specialist)

NOTE: Documented Vida participation may also qualify.



Content by Program

Programs apply to the Pre-Prior Authorization period only

INDIVIDUALIZED COACHING/RDN PROGRAM CONTENT

- Personalized 1:1 coaching and/or RDN sessions
- Engagement for at least six months
- Customized approach tailored to individual needs and goals
- Continuous support and guidance to help individuals achieve and maintain their health objectives
- Focused on building sustainable habits and making positive lifestyle changes
- Regular check-ins to track progress and adjust plans as needed
- Comprehensive education and resources to enhance knowledge of nutrition and health
- Emphasis on long-term success and overall well-being



WEIGH BEYOND PROGRAM CONTENT

This program is comprised of 11 sessions that focus on making a personal connection to your weight loss journey, understanding your personal nutrition and physical activity needs, and harnessing your emotions to help you reach your weight loss goals.

Session 1: *Understanding Your Why* – Dive into your personal reasons for participating in this program and explore the benefits of holistic thinking for wellness and weight management success.

Session 2: *Understanding Your Personal Nutrition Needs* – Learn general nutrition concepts and explore making dietary changes that fit your unique situation.

Session 3: *Understanding Your Emotions* – Explore the role emotions play in helping or hindering weight management efforts and learn tips for improving emotional regulation.

Session 4: *Understanding What Moves You* – Learn general fitness concepts to help you manage weight and explore making physical activity changes that fit your individual lifestyle.

Session 5: *Facilitator's Choice* – A special presentation that aligns with the class facilitator's favorite topics or area of expertise.

Session 6: *Connecting to Your Why* – Take a deeper dive into the concepts from session 1 and explore what has changed since starting the program and to set new goals.

Session 7: *Connecting to Your Personal Nutrition Needs* – Compare your current diet and nutrition trends to where you were at the time of session 2 and explore new ways to continue to improve your health and weight.

Session 8: *Connecting to Your Emotions* – Measure the growth of your emotional regulation and explore more tools and concepts to help you manage emotional setbacks.

Session 9: *Connecting to What Moves You* – Learn more specific fitness concepts to help you maintain weight loss and sustain healthy physical activity levels for life.

Session 10: *Connecting it All Together* – Review of the major highlights, tips, and concepts from each topic in the program with emphasis on how it all works together to help you manage and maintain weight loss for life.

Session 11: *Regroup Discussion* – Open discussion for participants to share triumphs and struggles as well as anything they feel they may need added support with. The class facilitator can share resources for continued engagement and answers to specific questions.



WEIGH BEYOND PLUS PROGRAM CONTENT

This program, which is an expanded version of the Weigh Beyond program (shown above), is comprised of eight modules and designed to help build new habits and foster accountability to aid in your weight-loss journey. The eight modules focus on making a personal connection to your weight-loss journey, understanding your personal nutrition and physical activity needs, and harnessing your emotions to help you reach your goals.

Weigh Beyond Plus Modules include:



One coach-led session to kick off each module



Two optional support sessions



Weekly homework assignments

Module 1: *Understanding Your Why* – Dive into your personal reasons for participating in this program and explore the benefits of holistic thinking for wellness and weight management success.

Module 2: *Understanding Your Personal Nutrition Needs* – Learn general nutrition concepts and explore making dietary changes that fit your unique situation.

Module 3: *Understanding Your Emotions* – Explore the role emotions play in helping or hindering weight management efforts and learn tips for improving emotional regulation.

Module 4: *Understanding What Moves You* – Learn general fitness concepts to help you manage weight and explore making physical activity changes that fit your individual lifestyle.

Module 5: *Connecting to Your Why* – Take a deeper dive into the concepts from module 1 and explore what has changed since starting the program and to set new goals.

Module 6: *Connecting to Your Personal Nutrition Needs* – Compare your current diet and nutrition trends to where you were at the time of module 2 and explore new ways to continue to improve your health and weight.

Module 7: *Connecting to Your Emotions* – Measure the growth of your emotional regulation and explore more tools and concepts to help you manage emotional setbacks.

Module 8: *Connecting to What Moves You* – Learn more specific fitness concepts to help you maintain weight loss and sustain healthy physical activity levels for life.

Wrap-Up: *Program Wrap Up and Graduation* – Open discussion for participants to share triumphs and struggles as well as anything they feel they may need added support with. The class facilitator can share resources for continued engagement and answers to specific questions.



PREVENTT2 PROGRAM CONTENT

This program is comprised of 16 sessions, each designed to provide guidance and support for individuals seeking to prevent Type 2 diabetes. The modules include:

Session 1: *Introduction to the Program* – An overview of the program and its objectives.

Session 2: *Get Active to PreventT2* – Strategies for increasing physical activity.

Session 3: *Track Your Activity* – Methods for monitoring and tracking physical activity.

Session 4: *Eat Well to Prevent T2* – Recommendations for healthy eating habits.

Session 5: *Track Your Food* – Tools for tracking dietary intake.

Session 6: *Get More Active* – Additional strategies for increasing physical activity.

Session 7: *Burn More Calories Than You Take In* – Strategies for achieving a caloric deficit.

Session 8: *Shop and Cook to Prevent T2* – Tips for grocery shopping and healthy meal preparation.

Session 9: *Manage Stress* – Techniques for reducing stress and managing emotions.

Session 10: *Find Time for Fitness* – Strategies for incorporating physical activity into a busy schedule.

Session 11: *Cope with Triggers* – Techniques for managing triggers that can lead to unhealthy behaviors.

Session 12: *Keep Your Heart Healthy* – Tips for maintaining cardiovascular health.

Session 13: *Take Charge of Your Thoughts* – Techniques for positive thinking and self-talk.

Session 14: *Get Support* – Resources for seeking support and accountability.

Session 15: *Eat Well Away from Home* – Strategies for making healthy choices when dining out.

Session 16: *Stay Motivated to Prevent T2* – Tips for staying motivated and committed to the program.

Each module is designed to provide practical tools and information to support individuals in their efforts to prevent Type 2 diabetes.





HEART OF STEEL PROGRAM CONTENT

The Heart of Steel coaching program provides participants with the knowledge and tools necessary to make lasting, positive changes to their health and well-being.

Fruits and Vegetables: Learning how to incorporate a variety of fruits and vegetables into daily meals for a well-rounded, nutrient-dense diet.

Meat and Protein: Understanding the importance of protein and learning how to choose lean sources of meat and plant-based proteins.

Meal Planning: Developing meal planning strategies that support a healthy lifestyle and fit individual preferences.

Healthy Fats: Learning how to incorporate healthy fats into meals for optimal nutrition and satiety.

Stress Management: Developing stress-management techniques to support overall health and well-being.

Sleep: Understanding the importance of adequate sleep and developing strategies to improve sleep quality and quantity.

Physical Activity: Learning how to incorporate physical activity into daily routines to support a healthy lifestyle.

Salt: Understanding the role of salt in a healthy diet and learning how to manage salt intake.

Sugar: Understanding the role of sugar in a healthy diet and learning how to manage sugar intake.

Cholesterol 101: Understanding cholesterol and its impact on health and learning how to manage cholesterol levels through lifestyle choices.

Blood Pressure 101: Understanding blood pressure and its impact on health and learning how to manage blood pressure levels through lifestyle choices.

