

How do I enroll?

Enroll on the web by visiting the PEIA website: www.peia.wv.gov, click on the link for health and wellness programs, and then on weight management. Or **CALL TOLL-FREE 1-866-688-7493**

How much does it cost?

There is no coinsurance or deductible, only \$20 per month copayment per participant.

What should I do if I am not receiving the services expected?

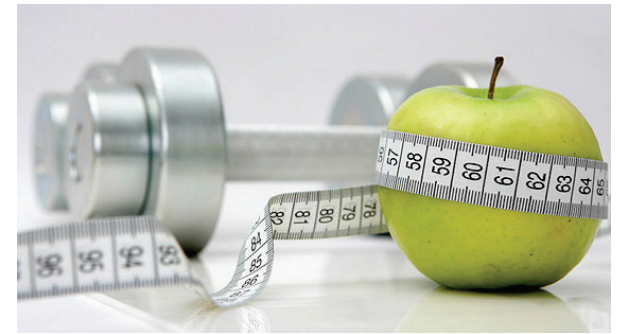
Let us know! Please call 1-866-688-7493 so that we can clear up any confusion regarding scheduling of services.



West Virginia
Public Employees Insurance Agency
601 57th St., S.E., Suite 2
Charleston, WV 25304-2345



Join the Weight Management Program!



Losing weight is hard, but it's worth it.

It takes discipline, support, and a willingness to change your lifestyle for good. Even a modest weight loss of 10% can lower your risk for heart disease, diabetes, and high blood pressure. It can make activities of daily living easier, like walking, tying your shoe laces, carrying the groceries, and playing with the kids. It can also help improve sleep, lessen joint pain, and alleviate depression.

Who qualifies for the PEIA Weight Management Program?

To participate in the PEIA Weight Management Program:

- You must have PEIA Preferred Provider Benefit Insurance; this does NOT include Humana or the Health Plan. You will be responsible for any costs if your insurance changes!
- You must have a Body Mass Index of 25 or greater; or
- A waist circumference of 35 inches or greater (for women) or 40 inches or greater (for men);
- You must be ready to make permanent lifestyle changes and have the approval of your physician or nurse practitioner.

You are not eligible if:

- You recently underwent bariatric or lap band surgery;
- You have exhausted the benefit;
- Your physician or nurse practitioner does not approve; or
- There is not yet a participating facility in your area.

Why does PEIA offer this benefit?

Program participants experience improved physical and psychological well being. Although we do not expect the program will solely reverse the epidemic of obesity in West Virginia, it does offer the necessary supports for those people who are committed to making a personal lifestyle change.

What is the PEIA Weight Management Program?

The program uses the services of exercise and nutrition professionals, in conjunction with specially trained phone consultants, to help you make the necessary lifestyle changes so that you may lose weight and improve your health.

PEIA has developed a network of facilities across the state (the listing of facilities may be found in the Health and Wellness section of the PEIA website) that have agreed to provide the required program services while also accepting our fee schedule. These facilities meet our health and safety standards, maintain the appropriate equipment, and offer accessible hours of operation.



What services will I receive?

- Individualized services from nutrition and exercise professionals;
- Baseline assessments with periodic follow-ups;
- Personal training;
- Professional phone coaching; and
- Access to a participating fitness facility which meets PEIA's health and safety standards.

What are my obligations as a Weight Management participant?

- To keep all scheduled appointments or to provide 24 hours notice to your provider of a cancellation. Failure to do so could mean that you will be charged for the missed appointment.
- To pick one facility.
- To exercise at your chosen facility at least two times, preferably three times, per week.
- To cooperate with the monthly measurements.
- To pay your facility copayment when due.
- To notify your phone coach if you are experiencing problems which are interfering with your participation.
- To maintain courteous behavior.
- To keep a food journal to be reviewed by your facility's staff.