



Lifestyle Management/Wellness Programs *Healthy Weight Management*

NEW PROGRAM!

Highmark Health Options joined the Delaware Division of Medicaid and Medical Assistance (DMMA), as a founding member of the first ever collective national insurance initiative:

My Healthy Weight;

A pledge to provide obesity prevention and treatment for individuals of all ages

With this initiative, Highmark Health Options expanded its Lifestyle Management and Wellness Programs for members to participate in Highmark Health Options' *new* Healthy Weight Management Program. This Program offers *eligible* members the information, tools, resources and applicable interventions needed to provide them with health/wellness and nutritional options.

HOW PROVIDERS CAN HELP

As a health care provider, you can address unhealthy weight and/or weight gain (before serious health problems develop), by offering intensive behavioral interventions every plan year for members with a *qualifying diagnosis for eligibility*:

- At least six (6) contact hours for adults with a body mass index (BMI) ≥ 25 and one or more risk factors for cardiovascular disease
- At least twelve (12) visits for adults with a BMI ≥ 30
- At least eight (8) visits for children ages three (3) years or older with a BMI 85TH – 95th percentile

CPT Codes – Procedure*

- **G0447 - Face-face behavioral counseling for obesity, 15 minutes**
 - **S9770 – Nutritional Counseling, dietitian visit**

*Disclaimer: Obesity counseling not payable separately with another encounter or visit on same day. Only one unit of G0447 or S9770 should be billed per day. This is not a guarantee of payment and not an effort to prescribe care – listed only as resource. Providers need to verify their contract and/or credentialing.

**Please refer Highmark Health Options members who may be eligible for the Program to our
Care Management Team: 844-325-6251**

For any other questions/concerns; please contact Highmark Health Options Care Management Team @ 844-325-6251, or visit our website: