

HEALTH BENEFITS E-NEWS

Department of Human Resource Management Office of Health Benefits

January 22, 2009

Weight Watchers Partnership Continues in 2009

The Commonwealth's partnership with Weight Watchers has been a great success, and will continue in 2009. State employees who are eligible for health benefits may still be reimbursed for 50 percent of the cost of Weight Watchers services. The program had more than 5,600 participants at the end of last year.

As a reminder, only active state employees, their spouses and family members may participate and receive the Commonwealth's Weight Watchers pricing. Retirees may not participate unless they are the spouse of an active state employee. Only active state employees eligible for health benefits may be reimbursed provided they meet the minimum participation requirements.

In an attempt to clarify the program participation options of online, at home, at work and local community meetings, the Weight Watchers reimbursement form has been revised to be more user-friendly for participants. You may find the new form on the Weight Watchers page at http://www.dhrm.virginia.gov/genlbenefits/weightwatchers/DHRM_WeightWatchersReimbursementForm.pdf.

Also note that the right sidebar on the page now includes a link called "Weight Watchers Proof of Payment" which describes the documentation needed to send in with the form depending on the participation option selected.

Future Moms Incentive Doubles Enrollment

A pilot program announced in April 2008 to waive the maternity hospital stay copayment when certain guidelines are met helped to double total Future Moms enrollment of both state and local employees in 2008 over the prior year. For the state COVA Care and local statewide plans under The Local Choice program, 1,148 pregnant women had enrolled in Future Moms at the end of calendar year 2008 compared to 562 during the same period in 2007.

There is also a new video which highlights both Future Moms and the Condition Care disease management program through Bonnie's experience. Bonnie enrolled in Condition Care to better manage her diabetes. When she discovered she was pregnant, Bonnie also enrolled in Future Moms to increase the chance of having a healthy pregnancy and a healthy baby. She discusses the impact of these programs on the health of both mother and baby. Find out more by accessing the Commonwealth of Virginia Knowledge Center at <https://covkc.virginia.gov> and clicking on the Lecture Hall, then Audio and Video Presentations. The video is called "DHRM – Future Moms and Condition Care Programs." Note that it may take a few days for the video to be posted on your agency's Knowledge Center site.