

2019 EHP Weight Management Requirements

The following requirements are for the Weight Management Coordinated Care Program. **This information is important and should be read very carefully because some requirements have changed.**

The following goals to self-management success apply for ALL weight management enrollees:

- Cholesterol: LDL at or below 130mg/dL; (for individuals with Diabetes and/or Coronary Artery Disease – LDL below 100mg/dL)*
 - Under age 40, at least one screening
 - Age 40 or over, one screening every 3 years
- Blood pressure (BP) at or below 140/90.
- Weight loss goals are based on your starting BMI each program year. If you have been participating in the program, your ending weight as of September 30th is your starting weight for the next year. Once you reach a reported BMI of less than 27 as of September 30th, you will have successfully completed the weight management program. You may be identified again in the future due to a new recorded weight. That weight will become your starting weight for the next program enrollment.
- To fully meet your weight management program goal, you must have lost the full amount of weight as determined by your Care Coordinator and met the BP and LDL goals by September 30th.
- If you have lost or maintained weight but have not fully reached your target goal and you have fully met the physical activity, BP, and LDL goals, you will have partially met the program goals.
- **If your final weight by September 30th is greater than your starting weight, you will not qualify for participation in the weight management program for that year. Your Care Coordinator will help guide you on setting goals for the following year.**

BMI Range	BMI Point Goal	Approx. Pounds	Assessments	Monthly Physical Activity Requirements**	LDL*	BP
27 - 29.99	1	7	Quarterly	EHP Approved Device:100,000 steps or 600 minutes OR EHP Approved Fitness Centers: 10 Visits	At or below 130	At or below 140/90
30 - 34.99	2	15	6 Weeks	EHP Approved Device:100,000 steps or 600 minutes OR EHP Approved Fitness Centers: 10 Visits	At or below 130	At or below 140/90
35 - 39.99	3	22	Monthly	EHP Approved Device:100,000 steps or 600 minutes OR EHP Approved Fitness Centers: 10 Visits	At or below 130	At or below 140/90
40 or more	4	30	Monthly	EHP Approved Device:100,000 steps or 600 minutes OR EHP Approved Fitness Centers: 10 Visits	At or below 130	At or below 140/90

NOTE: Members are responsible for communicating with their Care Coordinator. This includes returning all messages and contacting them if past scheduled call date listed in Healthy Choice portal. **REMEMBER: You are responsible for getting a documented weight, lab work or other information AND notifying your Care Coordinator that this information is in MyChart (Epic) before Sep 30th.**

****Physical Activity Requirement:** Report through the portal, obtain SIX (6) calendar months of reaching the monthly physical activity requirements based on your starting BMI range. This is encouraged to aid with your weight loss progress, and to help towards meeting partial program goals if you do not meet your weight loss goal.

Program for Pregnant Moms:

Managed by Coordinated Care to stay within *National Institutes of Health (NIH) Guidelines for Weight Gain During Pregnancy*. Weight goal is based on the documented BMI from the first pre-natal visit. Weight gain reported as of September 30th should be within these NIH guidelines:

- BMI 27 - 29.99 : single = 15-25lbs twins = 31-50lbs
- BMI 30 and over: single = 11-20lbs twins = 25-42lbs

Weight goal for the next program year will be based on the first post-partum check-up documented weight

For programs available to help you meet your weight loss goals, or for more information on EHP programs, including new programs added during the year, go to www.clevelandclinic.org/healthplan