Frequently Asked Questions
about the BMI (Body Mass Index) Incentive Activity:

1. **Why is the State promoting nutritional counseling and weight loss?**

   Overweight and obese individuals are at increased risk for many diseases and health conditions, including the following:

   - Hypertension (high blood pressure)
   - Dyslipidemia (cholesterol conditions, including high LDL cholesterol, low HDL cholesterol, or high levels of triglycerides)
   - Type 2 diabetes
   - Coronary heart disease
   - Stroke
   - Gallbladder disease
   - Osteoarthritis
   - Sleep apnea and respiratory problems
   - Some cancers (endometrial, breast, and colon)

   Taking positive steps to reduce your weight can yield immediate health improvements!

   BMI ranges
   - **Underweight**: less than 18.5
   - **Healthy weight**: 18.5 - 24.9
   - **Overweight**: 25.0 - 29.9
   - **Obese Class I**: 30.0 - 34.9
   - **Obese Class II**: 35.0 - 39.9
   - **Obese Class III**: greater than 40.0

2. **If my BMI is 30 or over, how can I qualify for the $50 incentive credit?**

   To earn the $50 incentive credit, you may participate in:

   - An approved weight loss program **OR**
   - Attend three sessions with an in-network nutritionist/dietician (no co-payment charge if BMI ≥30) **OR**
   - Submit proof of gym membership showing that you have **enrolled in a gym membership between the incentive offer beginning on 11/2/15 through 3/31/16 and the membership must be at least three months during the incentive offer 11/2/15-3/31/16.**

   To get the incentive credit, you must submit the completed BMI Incentive Credit Form along with your receipts.

3. **During the BMI Incentive Activity's time of offer (11/2/15 – 03/31/16), I did one of the approved actions highlighted in Question #2, but my BMI is still over 30. Would I still get the incentive credit?**

   Yes! You would still get the incentive credit! This program is about taking reasonable steps to lose weight and improve your health. By simply participating in an approved weight loss program OR going to an in-network nutritional counselor three times OR joining a gym for three months, you will qualify for the $50 co-share credit.

4. **Is Nutritional Counseling a covered benefit on the State Employee Medical Plan?**

   Nutritional counseling services are only a covered benefit if your BMI is 30 or over, or if you have certain medical conditions that require a special diet (i.e., diabetes, coronary artery disease). Up to a maximum of six (6) sessions per year are covered. Visits to a Registered Dietician must be prescribed by a physician in order to be covered by the state medical plan.

5. **Will I have to pay a co-pay for my visit to the nutritionist?**

   There is no co-pay to visit a participating UHC nutritional counselor if your BMI is 30 or over or if you have certain medical conditions that require a special diet (i.e., diabetes, coronary artery disease). If you choose to go to a non-participating nutritional counselor, the state health plan will only pay 80% of the eligible charges and you will be responsible for the remaining amount.

6. **How do I find an in-network Nutritionist (Registered Dietician)?**

   To find a licensed participating provider for nutritional counseling services:

   1) Log onto www.myuhc.com using your user name and password.
   2) Click on the "Find a Doctor" link found in the middle of the page, under the heading "What would you like to do today?"
   3) Click "Find a Provider" located in the middle of the page.
   4) In the New Search box, type "Nutrition Services" and click "Go."
   5) If needed, change zip code and/or mile search radius.
   6) You may also narrow your search by choosing a particular city, gender of physician, etc.
   7) Choose a Provider.

   Or you can call UnitedHealthCare Customer Service at 1-866-202-0434 and they can assist you in finding a provider.

7. **I already know that my BMI is over 30 and I would prefer to go to an in-network nutritional counselor or participate in an approved Weight Loss Program now. If I do one of these options now, does it still qualify me for the incentive credit, even if my BMI is still over 30 at the Health Fair?**

   Yes. Visiting an in-network nutritionist three times or participating in approved weight loss program or **joining a gym for three months between November 2, 2015 and March 31, 2016** will qualify for the incentive credit. The goal of this program is to encourage positive steps to learn about methods to reduce your weight and increase your health.