

**Western North Carolina Conference along with PPCN is pleased to announce the addition of two new medical benefit programs.**

Since 2018 PPCN has been providing clergy and staff on WNCC's health insurance with chronic condition care management programs designed to support and guide individuals with diabetes, pre-diabetes, hypertension, hyperlipidemia, and depression. Beginning in 2024 members on high-cost medications will be provided with additional support and members meeting program requirements can participate in the **HealthMap Rx Medical Weight Management** program. Both programs provide members with enhanced personalized clinical support at no additional cost to the member.

High-Cost Medication Management	Medical Weight Management
<p>High-Cost medications can be a burden to all members on the insurance plan if used inappropriately. However, when used as intended they may provide priceless improvements to health and overall quality of life.</p> <p>The purpose of this program is not to interfere with access to the medication; but to help members attain optimal outcomes. The program will provide the member with personalized support and education from one of our uniquely trained pharmacist care managers. The member will receive periodic calls from their assigned pharmacist care manager to discuss proper administration and storage, potential side effects, drug interactions, intended outcomes and answer any questions the member may have with regards to the medication.</p> <p>Some members on high-cost medications will be more suited to one of the HealthMap Rx chronic condition care management programs for diabetes, cardiovascular disease or depression. All programs are strictly confidential and no identifiable participant information will be shared with the program sponsor, your employer.</p>	<p>PPCN began providing our Medical Weight Management Program in 2019 at the request of groups we serve. When we look at population health in the US, we all see the value of prevention. The increased risks associated with obesity are astounding.</p> <p>Individuals with obesity are at greater risk for type 2 diabetes, stroke, high blood pressure, heart disease, fatty liver disease, cancers and more. On average, the costs of medical care for individuals with a BMI (body mass index) of 40 or more increases exponentially compared to individuals with a BMI less than 40.</p> <p>The medical weight management program is available to individuals meeting the following program requirements:</p> <ul style="list-style-type: none"> <li>• BMI <math>\geq 40</math></li> <li>• Age <math>\geq 18</math></li> <li>• Without diabetes</li> <li>• On WNCC's health insurance</li> </ul> <p>Participants will be required to engage in a number of activities intended to guide and support gradual and sustainable changes toward a healthier lifestyle and improved overall well-being.</p> <p>Program benefits include:</p> <ul style="list-style-type: none"> <li>• Insurance coverage of usually excluded medications used to treat obesity</li> <li>• Assigned pharmacist care manager</li> <li>• Monthly virtual group education sessions</li> <li>• Weekly on-line check-in and weigh-ins using program provided remote monitored digital scales</li> </ul>



## Next steps... for the Medication Management Program

If you have filled a prescription in the past 6 months for one or more medications meeting the program criteria, you will receive a letter from PPCN with instructions for enrolling. If you are still taking the medication, you will need to follow the instructions or contact PPCN to enroll in the program. If you are no longer taking the medication, you can disregard the notice.

Program participation will be part of the medication's prior authorization criteria when you go to get it filled at the pharmacy. Members will have until April 1, 2024 to enroll. After that the medication will be denied for coverage at the pharmacy until PPCN notifies PharmAvail that the member has enrolled in either the high-cost med program or where applicable the chronic condition care management program associated with the targeted medication.

For new prescriptions, program participation will be required for prior authorization along with any other prior authorization or step therapy criteria as indicated on the PharmAvail 2024 Focused Formulary.

As already mentioned, the program is intended to provide education and support. Your assigned pharmacist care manager will work with you to ensure virtual or telephonic discussions fit your schedule. Frequency will be determined by your individual needs.

## Next steps... for the Medical Weight Management Program

Beginning January 2, 2024 interested individuals can screen and if eligible, enroll in the MWM Program. Eligibility requirements include:

- A BMI (body mass index) of greater than or equal to 40
- Age must be 18 or older
- Individual cannot have diabetes
- Individual must be covered by WNCC's medical insurance

You can calculate your BMI by scanning the QR code selecting the link below



[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

Note: If your BMI is greater than or equal to 40, make a note of the value as you will need to add it to the screener.



If your BMI is greater than or equal to 40 and you want to enroll in the MWM Program, you will need to submit the screening questionnaire using the QR code or link below



<https://survey.alchemer.com/s3/7579223/MWMP-Eligibility-Screener>

**Note:** if you already calculated your BMI, you can skip that step in the screener questionnaire.

Upon receiving your screening, Program Support will email you with the next steps for enrollment.

MWM Program sessions will be offered twice yearly. Members will have until the end of February to complete the enrollment process and the Spring Session will kick off the first of March. Blue tooth connected scales will be distributed to members in the last 2 weeks of February. It is recommended that members delay starting a weight loss medication until they have their initial visit with their pharmacist care manager; however, medication coverage will be made available through PharmAvail once PPCN has received all of the members enrollment information. Individuals that do not submit all their enrollment information before March 1<sup>st</sup> will not be eligible for the Spring Session. Enrollment for the Fall Session will begin in July.

**For more Information: Contact HealthMap Rx Program Support**

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