member benefits

- **screening & counseling** (affordable care act $0 cost share preventive member benefit)

- **treatment** (plan copays, deductibles, etc. apply)
  - lifestyle medicine
    - walkadoo digital physical activity program available to all commercial members
    - diabetes prevention program (in person & digital) available to all eligible commercial members
  
- pharmacy benefit
  - BMI > 40 or BMI > 35 with a clinically diagnosed obesity related disease
  - prior-authorization required

- bariatric surgery
  - BMI > 40 or BMI > 35 with a clinically diagnosed obesity related disease
  - prior-authorization required
  - blue distinction center (centers of excellence) network
lifestyle medicine

- Exercise
- Sleep
- Nutrition
- Smoking
- Emotional Health
- Social Support

- Fruit/Vegetable Consumption
- Physical Inactivity
- Insufficient Sleep
- Smoking
- Obesity
- Mental Health
- Hypertension
- High Cholesterol
- Diabetes
- Cardiovascular Disease
physi\(\text{cal a c t\text{ivity}}\)

- mobile physical activity program integrated with popular fitness trackers (fitbit, garmin, jawbone, apple healthkit, etc.)

- personalized step goals delivered via text or email

- connect with friends and family for friendly competitions and social support

- >75% engagement at 90+ days

- 20% improvement (+1,000 steps/day) in physical activity

Effectiveness of the walking intervention walkadoo: a randomized controlled pilot trial in an employee population; J Med Internet Res, 2016
diabetes prevention

- ≈ 600 community partners in 43 of 53 California counties
- multiple digital (online, smartphone, text) provider options
- fitbit flex provided to all participants completing four sessions
- wireless scale for all digital participants