



The following resources are available to employees enrolled in the Cigna medical plan:

Express Scripts

www.express-scripts.com

The annual deductible is waived for the following obesity medications prescribed to prevent certain medical diagnoses from developing into more serious conditions such as heart disease or stroke. The member pays the applicable coinsurance subject to the minimum and maximum amounts.

- ADIPEX-P (phentermine)
- benzphetamine
- diethylpropion
- diethylpropion ER
- IMCIVREE
- LOMAIRA
- phendimetrazine
- QSYMIA
- SAXENDA
- WEGOVY
- XENICAL

Cigna

www.MyCigna.com

(800) 244-6224

- **Bariatric Surgery** - Covered at 80% (after deductible). Pre-authorization is required.
- **Pre-Diabetes & Weight Loss** – Hover on the Wellness tab and select **Health Coaching** to get help managing your weight.
- **Health Library** – Hover on the Wellness tab click **Weight** to find apps and tools to keep you engaged and personalize your path to wellness. There is also a Health Library at the bottom with topics related to managing your weight.

Omada – Digital Weight Loss Program

<https://go.omadahealth.com/maritz>

If you have not yet been diagnosed with diabetes but are at risk, this program can help you lose weight and develop long-term healthy habits to lower your risk for developing diabetes. When you enroll, you receive:

- Wireless smart scale
- Weekly online lessons
- A professional Omada health coach
- Small online groups of participants to keep you engaged

Click the Omada link above to determine if you are eligible.



The following resources are available to all employees:

ComPsych Employee Assistance Program

www.GuidanceResources.com (888) 628-4824

Website Username: LFGSupport, Password: LFGSupport1

App: GuidanceNow

- Hover on the Wellness tab, click **Fitness & Nutrition** then **Weight Management** for podcasts, articles, slideshows, and video resources to help you manage your weight.
- Live or virtual counseling at no cost if you need emotional support. You are eligible for up to 5 visits per person, per issue, per year.

Nationwide network of licensed and experienced counselors, including psychologists, clinical social workers, certified alcohol and drug counselors, and marriage, family, and child counselors

Virgin Pulse Wellness Program

<https://www.virginpulse.com/> (877) 671-9395 or support@supportpulse.com

- On the Virgin Pulse website, hover over **More** (with three dots) and select Topics of Interest.
- Under the Health tab, click **Journeys** which are daily, self-guided courses to help you build healthy habits.

Cigna

<https://www.cigna.com/knowledge-center/hw/medical-topics/obesity-hw252864>

Visit this site for information and resources related to:

- Health Tools
- Weight-Loss Strategies and Programs

Centers for Disease Control & Prevention (CDC)

<https://www.cdc.gov/obesity/strategies/index.html>

Visit this site for additional resources such as:

- Information about the USDA's MyPlate app
- Causes of weight gain
- Healthy eating and physical activity recommendations

YouDecide

<https://www.youdecide.com/portal/login/mtz936>

Discounts on fitness equipment, virtual programs, and gym memberships