



# One of the first health plans to expand coverage for nutrition and dietary counseling

**There are a number of reasons to consider counseling for nutrition, diet and lifestyle changes, but when your weight impacts your health and lifestyle, then it's important to look for support from your doctor and your health plan.**

This benefit was designed with the help of WHA's doctors to meet an urgent need for our members struggling with weight-related illness, whether obesity, eating disorder, or weight loss due to a secondary illness.

Note: Not all WHA plans include this benefit; refer to your specific plan documents to see coverage and costs. You will have the same cost-sharing that you would have for a primary care office visit. Coverage depends on eligibility at the time of service.

Members who meet specified medical criteria, and who demonstrate a documented readiness to make nutrition and lifestyle changes, may take advantage of nutrition and dietary counseling with a WHA network nutritionist or registered dietician in these areas of focus:

## OBESITY

- Adults with a BMI greater than 25
- Children with a BMI percentile greater than the 85th percentile for age
- Adults with BMI greater than 25 and an obesity-related condition including but not limited to hypertension, hyperlipidemia, impaired fasting glucose, chronic back pain, knee osteoarthritis, fatty liver disease, polycystic ovary syndrome, infertility, cancer, gout, pseudotumor cerebri, gallbladder disease, obstructive sleep apnea, obstructive lung disease, lymphedema, and/or acid reflux

## ADDRESS EATING DISORDERS

- Adults and children diagnosed with eating-related disorders (e.g. anorexia or bulimia)
- Documentation of patient under the ongoing care of behavioral health provider

## MALNOURISHMENT AND WEIGHT LOSS

- Adults and children with weight loss greater than or equal to 20% in the prior 12-month period due to medical conditions other than eating disorder related
- Documentation of specialist care as appropriate



**visit • [choosewha.com/nutrition](https://www.choosewha.com/nutrition)**

read a complete description of this benefit

**contact • your doctor for a referral**

if you already have support from a case manager for a related condition, ask them about this benefit

**call • WHA 888.563.2250; 711 TTY**

request assistance about our plans and benefits



**western  
health**