

**BMI QUALIFICATION INFORMATION –  
Outcomes-Based HMO Plans**

Question	Health Alliance Plan	Blue Care Network	Priority Health
<b>How is BMI calculated?</b>	For all three carriers, BMI is calculated based on the Center for Disease Control and Prevention Body Mass Index guidelines, found at <a href="http://www.cdc.gov/healthyweight/assessing/bmi">www.cdc.gov/healthyweight/assessing/bmi</a> : Weight (lb) / height (in) <sup>2</sup> x 703 (example: weight=150 lbs, height=5'5" (65")); calculation: $[150 \div (65)^2] \times 703 = 24.96$ )		
<b>If I am pregnant, do I have to meet the BMI qualification?</b>	HAP will consider exceptions to the BMI qualification on a case by case basis for those who are pregnant. Member's physician documents the medical reason a member cannot achieve the wellness target. Any exception requests will be reviewed by HAP's Senior Medical Director, who will determine if an exception can be made.	It is up to your physician to determine whether or not your BMI is acceptable when you are pregnant. BCN's online qualification form submission site allows your physician to make an exception for BMI for a pregnant member.	Pregnant women do not have to meet the BMI measure.
<b>If I do not meet the BMI qualification because I am a bodybuilder, can my physician verify that BMI does not adequately reflect my actual body mass index?</b>	HAP will consider exceptions to the BMI qualification on a case by case basis for documented bodybuilders.  Member's physician documents the medical reason a member cannot achieve the wellness target. Any exception requests will be reviewed by HAP's Senior Medical Director, who will determine if an exception can be made.	It is up to your physician to determine whether or not your BMI adequately reflects your actual body mass index if you are a bodybuilder. BCN's online qualification form submission site allows your physician to make an exception for BMI for a member who is a bodybuilder.	The member's physician has the authority to override this measure and accept the current as appropriate based on the member's condition.
<b>What is your policy for exempting members from the BMI qualification for medical reasons?</b>	HAP will consider exceptions to the BMI qualification on a case by case basis for members with: <ul style="list-style-type: none"> <li>• Underactive thyroid</li> <li>• Steroid medications</li> </ul> Member's physician will document the medical reasons a member cannot achieve the wellness target. Any exception requests will be reviewed by HAP's Senior Medical Director, who will determine if an	BCN encourages members to work with their primary care physicians and BCN to find alternate activities if they have concerns that the programs or behaviors recommended are unreasonably difficult due to a medical condition or are medically inadvisable. In addition, medical exemptions may be made for applicable medical conditions	The member's physician is given the discretion to make an exception for medical conditions that warrant an exception, but Priority Health does not provide a listing of such conditions. This is between the physician and the member.

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	exception can be made.	<p>provided a letter of explanation is received from the member's physician requesting the exemption:</p> <ul style="list-style-type: none"> <li>• Paraplegia</li> <li>• Quadriplegia</li> <li>• Steroid therapy</li> <li>• Unable to stand on scale (MS, MD, other)</li> <li>• Behavioral health admission</li> <li>• Physical/medical impairment (such as rheumatoid arthritis)</li> <li>• Cancer treatment</li> <li>• Major surgery (such as hip or knee replacement)</li> <li>• Incarcerated</li> <li>• Military (active duty/deployment)</li> <li>• Pending divorce (for non-compliant covered spouse)</li> <li>• Executive leadership approval</li> <li>• Grievance approval</li> </ul>	
<b>Do you subsidize costs associated with Weight Watchers?</b>	A discount is offered.	Yes, if you are required to participate due to your BMI, BCN will pay for Weight Watchers. The criterion for BCN-sponsored participation is that the member has a BMI of 30 or more. BCN does not cover the cost of participation for dependents other than an eligible covered spouse.	A discount is offered. Priority Health is considering subsidizing the cost of Weight Watchers in the future.