

# ZOOM

on Fedhealth benefits



## Weight Management Programme

### Tipping the scales in our members' favour

Countless studies have shown that being obese or overweight has dire health consequences. It substantially increases the risk of morbidity from at least 15 conditions including hypertension, abnormal cholesterol levels, Type-2 Diabetes, coronary artery disease, stroke, gallbladder disease, osteoarthritis, sleep apnoea and respiratory problems, as well as cancers of the endometrium, breast, prostate, and colon. Being overweight also places considerable strain on the joints, often resulting in orthopaedic surgery.

And if this isn't enough cause for concern, body weight is associated with an increase in mortality from all causes. In addition, obese patients may suffer from social stigmatisation and discrimination, coupled with mental health issues.

### Fedhealth Weight Management Programme

A programme expertly designed for qualifying Fedhealth members with a high BMI and waist circumference. This benefit is available every two years

Under this programme, members will participate in a 12-week, biokineticist-led intervention plan that will give them access to a dietician and behavioural psychologist with the goal to lose the excess weight and lead healthier, more rewarding lives. Once the programme is completed, ongoing advice and monitoring will also be made available to the member.

### Who qualifies for the programme?

Fedhealth members with the following parameters will be eligible for the programme:

- BMI  $\geq 30$  kg/m<sup>2</sup>, or
- Men with a waist circumference  $\geq 102$  cm, or
- Women with a waist circumference  $\geq 88$  cm, or
- Other cases identified by a General Practitioner or BASA biokineticist supported by a motivation e.g. member with a BMI between 25.0 kg/m<sup>2</sup> and 29.9 kg/m<sup>2</sup> with diabetes and comorbidities.

Through the weight management programme, Fedhealth hopes to lead more of our family members towards leaner, healthier and more fulfilled lives.



### How it works

The weight management programme runs over 12 weeks (three months) and entails:

- Once a member or beneficiary has been identified as suitable for the weight management intervention, the GP is notified electronically that their patient has been enrolled on the weight management programme;
- Management by a BASA biokineticist which includes:
  - 9 exercise sessions with a biokineticist which can be either individual or group exercise sessions;
  - 3 reassessment sessions with a biokineticist,
  - Referral to a dietician for a consultation and a follow up,
  - Referral to a psychologist for one consultation; and
  - The biokineticist submits electronic reports to the member's GP and Fedhealth after each interaction.
- Self-monitoring; and
- At the end of the programme, Fedhealth will make contact with the member in order to obtain feedback and conduct a discussion on health outcomes. Furthermore, the member will be advised about ongoing assistance available to ensure sustained weight management. This includes the use of the Fedhealth health portal.



## CONTACT NUMBERS

Please call **0860 002 153** for all general enquiries and customer care assistance, including benefit and limit confirmation and document requests, as well as Hospital authorisations, chronic medication enquiries and oncology related authorisations.

Disease Management  
0860 002 153

Europ Assistance  
0860 333 432

MVA Third Party Recovery Department  
0800 117 222

Fedhealth Baby  
0861 116 016