

## **Physician Supervised Weight Management and Nutritional Counseling Programs**

Effective January 1 the SEIB will cover approved physician supervised weight management and nutritional counseling programs. The SEIB will reimburse up to 80% of the cost of a physician supervised weight management program and/or nutritional counseling, with no deductible, not to exceed \$150 per calendar year. You can apply for reimbursement by forwarding your name, address, contract number, daytime phone number, copy of the program receipt(s), and program contact information to:

**State Employees' Insurance Board  
Wellness Division  
PO Box 304900  
Montgomery, Al. 36130-4900  
866.838.3059**

Medications, either by prescription or over the counter, are excluded from the program. Food and dietary supplements, except for those distributed by the Physician Supervised Weight Management Plan, are excluded from the program.

**You must file your claims for this benefit with the SEIB, not Blue Cross Blue Shield.**