3.21 WEIGHT MANAGEMENT SERVICES

In order for weight management services to be considered, the following must be taken into account and documented:

- The individual's weight must be causing functional limitations that prevent the securing, retaining, or regaining employment (In other words, what essential job functions can the individual not perform due to the weight?) and
- The individual's attending physician must recommend weight loss. The physician must document other medical problems that are exacerbated by the individual's weight and clearly impact employment and
- The individual must have a Body Mass Index (BMI) of 40 or more. Occasionally, lesser obesity may be considered as a secondary disability when in combination with serious life-threatening illnesses. This should be evaluated on a case-by-case basis.

Weight Loss/Management Programs

The Agency will only participate in weight loss/management programs that offer nutrition education involving registered dieticians or licensed nutritionists and provide long-term strategies to deal with weight problems the individual may have in the future. Weight loss/management programs must not be provided, planned, or promised before review with the District Manager and review by the District Medical Consultant. If recommended, services may only be authorized for an initial period of 8 - 12 weeks. Each additional period of 8 - 12 weeks of assistance may be offered only if the person has achieved an average weight loss of at least 1 - 2 pounds per week. The counselor is to review the person's progress at the end of each period and determine if Agency assistance will continue.

The Agency will not pay for surgical approaches to controlling obesity, exercise/weight loss equipment, foods including special pre-packaged foods, liquid diets, weight loss drugs, or special vitamins and other nutritional supplements.