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Dear Psychologist

Re: Fedhealth Weight Management Programme

2016 and 2017 saw a sharp increase in the co-morbidity index (CMI), (an indicator of future claims costs), indicating the overall poor and worsening health status of the Fedhealth pool. Managing the disease burden of beneficiaries is a strategic objective of the Scheme of which weight management is a key aspect.

On the 1st January 2018, a 3 month (12 week) weight management programme will be made available to Fedhealth members that meet defined eligibility criteria.

As the weight management programme may require referral to a psychologist, the intention of this communication is thus to inform psychologists about the programme as well as its various components.

The programme comprises the following:

1. Identification of eligible members (see Annexure A);
2. Enrolment onto the programme (see Annexure B);
Once a beneficiary has been identified as suitable for the weight management intervention, their Family Practitioner (FP) is notified electronically that their patient has been enrolled on the weight management programme;
3. Management by a Biokinetics Association of South Africa (BASA) affiliated biokineticist which includes
 - ✓ One (1) Medscheme Health Risk Assessment (HRA) (see Annexure C)
 - ✓ Three (3) one-on-one visits with the biokineticist;
 - ✓ Referral to a dietician and/or psychologist for one (1) consultation if necessary;
 - ✓ Reports electronically submitted to the beneficiary's Family Practitioner (FP) and Medscheme by the bio at each interaction.
4. At the end of the programme, Medscheme will make contact with the beneficiary in order to obtain feedback and conduct a discussion on health outcomes.

Where referral to a psychologist is required, psychologists may bill for one consultation as part of the programme using any ONE of the below codes:

- 86201 - Psychology Assessment, Consultation, counselling and/or therapy (individual or family).
Duration 11-20 minutes.
- 86202 - Psychology Assessment, Consultation, counselling and/or therapy (individual or family).
Duration 21-30 minutes.
- 86203 - Psychology Assessment, Consultation, counselling and/or therapy (individual or family).
Duration 31-40 minutes.
- 86204 - Psychology Assessment, Consultation, counselling and/or therapy (individual or family).
Duration 41-50 minutes.
- 86205 - Psychology Assessment, Consultation, counselling and/or therapy (individual or family).
Duration 51-60 minutes.

We thank PsySSA for supporting Medscheme in this programme and wish all psychologists much success for 2018.

Kind regards,

Medscheme: Strategic Development (wellness)

Annexure A

Identification of eligible members

Fedhealth members have benefits available to undergo an annual wellness screening from risk benefits. Screening results from all Wellness Days will be captured by the Wellness Day provider and stored and analysed by Medscheme. Medscheme will identify Fedhealth members using the following criteria:

- BMI ≥ 30 kg/m², or
- Men with a waist circumference ≥ 102 cm, or
- Women with a waist circumference ≥ 88 cm, or
- Other cases identified by the Family Practitioner or BASA biokineticist supported by a motivation e.g. Member with a BMI between 25.0 kg/m² and 29.9 kg/m² with diabetes and comorbidities.

In addition to using wellness screening results to identify likely candidates for the programme, the FP may refer members to the programme and possible candidates could be identified via the Active Disease Risk Management (ADRM) risk stratification algorithms.

Annexure B

Enrollment onto the programme

Beneficiaries identified as requiring an intervention are flagged for an outbound call by a Medscheme weight management agent.

At the initial contact the following takes place:

1. Beneficiary is asked whether they wish to enroll on the weight management programme;
2. Consent is obtained (if not previously obtained through PoPI campaign) to share information with the beneficiary's healthcare providers and vice versa;
3. The beneficiary is asked to provide the details of their nominated FP;
4. The agent assists the beneficiary with scheduling an appointment with a suitably trained biokineticist after establishing their preferred location and referencing the most recent monthly list provided by BASA.
5. The member is advised that they will receive a letter advising them of their available benefit, which should be shared with their nominated FP and their treating biokineticist.

Annexure C

Standardised Medscheme Health Risk Assessment

Beneficiaries wishing to participate in the weight management programme would be referred to a BASA biokineticist for a full assessment in order to determine suitability for the programme. The assessment comprises of three parts, as described below:

Part 1: an online subjective assessment (lifestyle questionnaire):

This assessment considers a member's family history and is used to determine the beneficiary's risk of developing cardiovascular disease, other lifestyle diseases, mental health conditions and their willingness to change.

Part 2: a basic objective assessment (validated biometric testing):

The biokineticist will measure the following:

- Weight
- Height
- Blood pressure
- Waist to hip ratio
- Random glucose
- Random cholesterol

Part 3: a full objective assessment (fitness) assessment:

The biokineticist will measure the following:

- Fitness (3 minute step test)
- Flexibility (sit and reach test)
- Lung function (peak flow)
- Body fat percentage (sum of 4 skinfold)

On completion of the assessment, the beneficiary is provided with a comprehensive health status report with tailored recommendations for health and lifestyle improvement.