

3rd Quarter—Plan Year 2025

# Quarterly Newsletter

January 2025

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View PEBP's upcoming events at [Meetings & Events \(pebp.nv.gov\)](https://pebp.nv.gov)

### Hinge Health Testimonial

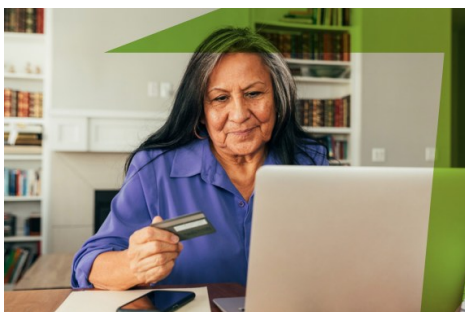
For those enrolled in a plan with UMR, Hinge Health is your exercise therapy without leaving home. With no copays or office visits, you can reduce joint and back pain in just 15 minutes a day, so you can take the stairs, go hiking, run errands, and everything in between. This exercise therapy program treats joint and muscle pain from head to toe.

Click on the TV to view a real State of Nevada employee testimonial.



To learn more and apply, scan the QR code or visit [hinge.health/nevadapebp](https://hinge.health/nevadapebp) Questions? Call (855)902-2777

### HSA Bank: Claim Reimbursement for Your HRA



**Eligible Participants Covered Under UMR and HPN**



Visit [hsabank.com](https://hsabank.com) or call 1-833-228-9364 for more information.

When you use your Health Reimbursement Arrangement (HRA), you're reimbursed for IRS-qualified medical expenses. Sometimes you need to submit a receipt for this and sometimes

you don't.

Learn more about reimbursements that require receipts and the five must-haves for reimbursement at [HSA Bank HRA Claim Reimbursement](https://hsabank.com).



## Obesity Care Management Program: UMR

The Obesity Care Management Program (OCMP) is an opt-in program for UMR participants who have been diagnosed as obese, meet certain criteria and adhere to participation requirements to achieve

a healthy weight. The Claim Administrator (CA) will assist your weight loss provider with completing monthly progress reports while you're enrolled and participating in this program.

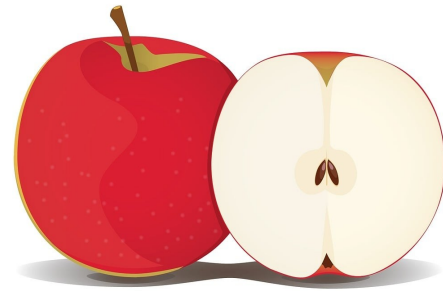
Once you have met your final weight loss goal as determined by weight loss provider at the onset of your participation in a medically supervised weight loss program, the benefits under the program will end,

and do not provide benefits for ongoing maintenance care.

For more information about the OCMP, you may review your plan's Master Plan Document at <https://pebp.nv.gov>.

### ENROLLMENT CRITERIA

- BMI > 30 with or without comorbid conditions present
- BMI > 25 (or waist circumference greater than 35 inches in women and 40 inches in men) if one or more of the following co-morbid conditions are present:
  - Coronary artery disease
  - Type 2 diabetes
  - Hypertension
  - Obesity-hypoventilation syndrome
  - Obtrusive sleep apnea
  - Dyslipidemia (high cholesterol)



### BENEFITS UNDER THE PROGRAM

- Office visits
- Laboratory visits
- Nutritional counseling
- Meal replacement therapy; and
- Certain medications under the prescription drug component of the Plan



Contact UMR  
Customer Service:

1-888-7NEVADA

1-888-763-8232

### HOW TO ENROLL

1. Contact the CA for a list of in-network weight loss providers, or visit <https://pebp.nv.gov> > Find a Provider > [Obesity Care Management Program Providers](#).
2. Make an appointment with an in-network weight loss provider.
3. Your in-network weight loss provider will complete the initial OCMP Enrollment Form online during your first appointment. An example of this form can be found at [OCMP Enrollment Form \(pebp.nv.gov\)](#).
4. The CA will review the information submitted by your provider and if the information indicates that you meet the criteria for the OCMP, the CA will enroll you in the program. The CA will notify PEBP and the Pharmacy Benefit Manager. If you don't meet the criteria, the CA will notify you of the denial of benefits.

## Diabetes Education

PEBP is collaborating with the Nevada Business Group on Health, Dignity Health, and the Sanford Center for Aging to bring the National Diabetes Program and the National Diabetes Self-Management Edu-

cation and Support program to you, **at no cost**. These programs aim to empower people with diabetes to navigate self-management decisions and day-to-day activities.

The programs are being offered both virtually and in-person. Classes are starting now and will continue into 2025.

Take advantage of this free program to help control diabetes before

it becomes a more serious condition.

**For more information and to get registered, [view the diabetes program flyer here.](#)**

## Prediabetes Risk Test

### 1. How old are you?

- Younger than 40 years (0 points)
- 40-49 years (1 point)
- 50-59 years (2 points)
- 60 years or older (3 points)

### 2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

### 3. If you are a women, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

### 4. Do you have a mother, father, sister or brother with diabetes?

- Yes (1 point)
- No (0 points)

### 5. Have you been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

### 6. Are you physically active?

- Yes (0 point)
- No (1 points)

### 7. What is your weight category using the chart to the right?

Height	Weight (lbs.)		
4'10"	119–142	143–190	191+
4'11"	124–147	148–197	198+
5'0"	128–152	153–203	204+
5'1"	132–157	158–210	211+
5'2"	136–163	164–217	218+
5'3"	141–168	169–224	225+
5'4"	145–173	174–231	232+
5'5"	150–179	180–239	240+
5'6"	155–185	186–246	247+
5'7"	159–190	191–254	255+
5'8"	164–196	197–261	262+
5'9"	169–202	203–269	270+
5'10"	174–208	209–277	278+
5'11"	179–214	215–285	286+
6'0"	184–220	221–293	294+
6'1"	189–226	227–301	302+
6'2"	194–232	233–310	311+
6'3"	200–239	240–318	319+
6'4"	205–245	246–327	328+
	<b>1 Point</b>	<b>2 Points</b>	<b>3 Points</b>
If you weigh less than the 1 Point column (0 points)			

**If you scored 5 or higher** you are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only a doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

**Talk to your doctor to see if additional testing is needed.**

*A c c e s s . Q u a l i t y . A f f o r d a b i l i t y .*



## The Member Assistance Program: Live and Work Well

# Your well-being is what matters most

### Substance Use Support:

Substance use can impact all areas of life, from physical health to relationships to employment. Life may become unmanageable because of a dependence on drugs or alcohol that can't be controlled through willpower alone. Misuse of drugs and alcohol is not a character flaw or weakness. It is a disease that can be treated.



**Substance use**  
Get support and help for substance and alcohol use

Get support

Medical issues can take a toll on your home and work life. To help you through difficult times, the UnitedHealthcare Member Assistance Program (MAP) provides you and your enrolled dependents personal and

confidential support, 24 hours a day, 7 days a week.

This MAP is available to PEBP participants enrolled in a PEBP sponsored plan, including the Southern HMO plan with Health Plan of Nevada.

**Suicide and substance use disorders are more common than most people think.**

### Suicide: Warning signs, prevention, treatment — hope.


Available **24/7**

From support groups to treatment options, get help finding the care you need at **Live and Work Well**. Sign in or use anonymous access code **FP3EAP**

Substance use helpline:  
**(855)780-5955**

National Suicide Prevention Lifeline:  
**(800)273-8255 or text 988**

The **988 Suicide and Crisis Lifeline**



**Suicide prevention**  
Get resources and guidance on suicide prevention

Explore tools

Death by suicide is a tragic and growing problem. It affects people from all walks of life. Sadly, sometimes people don't want to talk about it or don't know how to talk about it. People who are contemplating suicide can feel ashamed or embarrassed, which prevents them from reaching out for help. In addition loved ones don't know how to help or what to say.




**Real Appeal: Weight Loss Support**



Included in your monthly premium for Consumer Driven Health Plan, Low Deductible Plan, Exclusive Provider Organization Plan, and the Health

Plan of Nevada participants, the Real Appeal is a year-long, online program designed with your success in mind. You'll learn ways to eat

healthier, stay active, fit healthy choices into your lifestyle, stay motivated and energized, and develop lasting, healthy habits.

-  Ongoing support and guidance
-  Small steps for lifelong changes
-  Resources to keep you motivated

Get started today at  
**[enroll.realappeal.com](http://enroll.realappeal.com)**  
 Or scan the QR code.



Have your health insurance ID card handy when enrolling.

**Chicken Waldorf Salad**

**Total Time: 5 Minutes**

**372 Calories | 17g Total Fat**

Ingredients

- 1 tbsp. light mayonnaise
- 1 tbsp. plain nonfat or low-fat yogurt (regular or Greek)
- 1/2 tsp. lemon juice
- 4 oz. skinless, boneless chicken, chopped
- 1/2 apple, diced
- 1/4 c. celery, chopped
- 1/4 c. red or green grapes, halved
- 2 tbsp. walnuts, chopped



Directions

1. In a medium bowl, combine mayo, yogurt and lemon juice.
2. Mix in chicken, apple, celery, grapes and walnuts. Serve.