2027 Blue Cross and Blue Shield Service Benefit Plan
FEP Blue Standard and FEP Blue Basic
Section 5(h). Wellness and Other Special Features

Weight Loss Management Program

The Weight Management Program is designed to assist members in managing their weight. This program positively influences members' cardiometabolic health, including diet, activity, sleep, and stress management. All members and dependents aged 13 and older with a qualifying BMI are eligible for participation. Participants will receive a complimentary cellular-enabled weight scale, which will be delivered directly to them. Upon receipt, members should activate the scale by completing their first weigh-in and synchronizing it with their smart device.

The program includes personalized health coaching, provider access, medication management, and on-demand support. Additionally, members have unlimited access to goal setting, action planning, and a dashboard for daily progress tracking via the mobile app. Member support is available 24/7/365. For further details, please visit www.fepblue.org/manage-your-health/managing-specific-conditions/weight.