

Seton Weigh to Health Programs

(programs designed for Seton Health Plan members and Seton Family of Hospital Associates)

Create your Weight: 9 week program – 2 hour weekly sessions. This is an adult weight management program that encompasses nutrition education, physical activity and the role of behavioral therapy in weight reduction and weight management. Some of the areas addressed include: basic nutrition components, calorie composition, food portions, supplements, food preparation, dining out, food labels, shopping tips and the role of activity and exercise in weight management. In addition to the copayment there will be an additional charge of \$25 for the educational workbook.

Cost of Program

EPN - \$20 copayment + workbook fee

Expanded EPN- \$30 copayment + workbook fee – deductible applies

Associates not covered by Seton Health Plan - Contact your insurance carrier regarding coverage, copayment and/or deductibles. If not a covered benefit, associate/dependent discounted rate = \$108 + workbook fee

Create Your Weight Educational Workbook - \$25

Individual Dietitian Consultative Program: Maximum of 6 visits/plan year. Includes an initial evaluation visit and individual consultative visits with the dietitian up to 6/plan year. Also have an opportunity to schedule an appointment with a dietitian to administer a MedGem test, which measures the specific calorie needs for your body.

Cost of Program

EPN Members - \$20 copayment

Expanded EPN - \$30 copayment – deductible applies

Associates not covered by Seton Health Plan – contact your insurance carrier regarding coverage, copayment and/or deductibles. If not a covered benefit, associate/dependent discounted rate = \$108

Optional MedGem test, which measures the specific calorie needs for your body - \$15 fee

Physician Directed – (Specialist copayment/visit). Physician directed comprehensive weight loss program that includes nutritional counseling, meal planning, stress reduction and behavior modification, individual exercise program, medication management and additional specialty care referrals as appropriate. The member must have a BMI of 30 or >; or BMI of 27 or > and one or more of the following comorbid conditions: Coronary Artery Disease; Type 2 DM; Sleep Apnea; Pickwickian syndrome; Hypertension; and Dyslipidemia. Office visits are typically weekly for the first month to 6 weeks then every 2 weeks until the maintenance phase at which time visits are every 3 months. More frequent monitoring may be required based on the comorbid conditions.

Cost of Program

EPN – specialist copayment/physician office visit

Expanded EPN – specialist copayment/physician office visit – deductible applies

Associates not covered by Seton Health Plan – contact your insurance carrier regarding coverage, copayment and/or deductible.

How do I enroll?

"Create Your Weight": Complete the Lifestyle Changes Program Self-Referral Form. Indicate location of choice and fax to Austin: 324-1396 or SHL: 512-756-6405. You will receive an e-mail with a registration form for an upcoming class.

Individual Dietitian Visits: Complete the Associate Self-Referral – Weigh to Health Programs form and fax to location of choice. Austin: 324-1396 or SHL: 512-756-6405 and you will be contacted to set the first appointment.

Physician Directed Program: If you are a Seton Health Plan member, you may call Austin Bariatric Clinic (Drs. Boehm and Dupont) at 371-9885 for an appointment. Office will make determination if you meet Seton Health Plan coverage criteria for participation. Office will obtain prior-authorization for visits from Seton Health Plan.