



Why Weight Kentucky

We can help you with your weight loss journey

It's important to maintain a healthy weight. If you would like a little support to guide your weight loss or lifestyle choices, we are here for you. There is a dedicated, personalized support program available to help you reach your weight-loss goals: **Why Weight Kentucky.**

About Why Weight Kentucky

Why Weight Kentucky is a weight management program that can help you improve your health with the support and guidance of a dedicated nurse. This support is available at no extra cost to you as part of your Kentucky Employees' Health Plan (KEHP). If you participate in the program and your doctor prescribes weight-loss medicines, you can receive coverage according to your benefits.¹

How the program works

1. Begin by talking to a Personal Health Consultant (PHC) who is a registered nurse. The nurse will assess your health needs and give you more information about Why Weight Kentucky.
2. Your nurse can help you to enroll in the program.
3. You will work with your nurse to develop a weight management plan.

Once you are enrolled in the program, your dedicated nurse will:

- Discuss how weight loss can improve your health and lower your risk for other health problems, like diabetes.
- Team up with you to build a weight management plan that works for you and your doctor.
- Share weight-loss resources available to you online or near your home.
- Help you find ways to overcome challenges that you may face on your journey to meet your health goals.

Your personal health information will be kept strictly confidential. This program does not replace advice from your doctor. Always talk to your doctor about any health questions or concerns you may have.



Joining the program

To find out if you or a family member is eligible for this program, please call the Anthem Customer Service number listed on your member ID card. Our Customer Service team will help answer questions you may have and provide guidance with program enrollment.

When you participate in Why Weight Kentucky, you may be able to receive coverage for these weight-loss medicines:²

- Adipex-P
- Benzphetamine
- Contrave
- Diethylpropion
- Diethylpropion ER
- Lomaira
- Phendimetrazine
- Phendimetrazine ER
- Phentermine
- Qsymia
- Saxenda
- Wegovy

You don't have to feel alone when it comes to managing your weight. We are here for you, wherever you are on your health and weight loss journey.

To learn more about Why Weight Kentucky, please call KEHP Customer Service at **844-402-KEHP (5347)**.

1 You should review your benefit plan and formulary to see if you have any copays, deductibles, and/or coinsurance.

2 This list of medicines is subject to change.

Language Access Services - (TTY/TDD: 711)

(Spanish) Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.
(Chinese) 您有權使用您的語言免費獲得該資訊和協助。請撥打您的ID卡上的成員服務號碼尋求協助。

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