

SmartHealth Obesity Management Benefits

Service	What is it?	Who is it for?	How can I access this service?
Medications	SmartHealth does not cover antiobesity medications.		
Care Management	A team of registered nurses, social workers and wellness coaches to help members create personalized goals.	Any member needing weight-loss support or help with other chronic conditions.	Fill out this form and a care manager will contact you.
Vida	A digital program for chronic disease management led by expert providers like registered dietitians, certified health coaches, and prescribing physicians.	<p>Any member 18+ needing weight-loss support or help with other chronic conditions.</p> <p>The program can increase adherence to a weight-loss program by tracking progress, setting reminders, providing frequent feedback, and interacting with other users.</p> <p>Note: This program is a requirement for members on Ozempic, Mounjaro, and Rybelsus for diabetes.</p>	Visit vida.com/SmartHealth to get started.
Dietician Specialists	Dietitians are providers dedicated to treating obesity through diet, exercise, and behavior therapy.	Any member needing weight loss support or counseling	SmartHealth covers 3 counseling sessions with a dietician per the recommended guidelines of the United States Preventive Services Task Force (USPSTF)
Bariatric/Metabolic Specialist*	Bariatric specialists are providers dedicated to treating obesity through diet, exercise, behavior therapy, and surgery.	Any member needing weight-loss support and considering surgical options.	Mysmarthealth.org/find-a-doctor *Bariatric/Metabolic specialists may not be available in all markets
Bariatric Surgery	Bariatric surgery helps members lose weight by reducing the size of their stomach and changing how the body absorbs nutrients.	Bariatric surgery is done when diet and exercise haven't worked or when a member has serious health problems because of their weight.	Mysmarthealth.org/find-a-doctor