

Weight Gain or Weight Loss Programs

Policy Number: BIP194.M
Effective Date: June 1, 2025

[Instructions for Use](#)

Table of Contents	Page
Federal/State Mandated Regulations	1
State Market Plan Enhancements	1
Covered Benefits	1
Not Covered	1
Policy History/Revision Information	2
Instructions for Use	2

Related Benefit Interpretation Policies

- [Preventive Care Services](#)
- [Treatment of Morbid Obesity](#)

Related Medical Policy

- [Preventive Care Services](#)

Federal/State Mandated Regulations

None

State Market Plan Enhancements

None

Covered Benefits

Important Note: Covered benefits are listed in *Federal/State Mandated Regulations*, *State Market Plan Enhancements*, and *Covered Benefits* sections. Always refer to the *Federal/State Mandated Regulations* and *State Market Plan Enhancements* sections for additional covered services/benefits not listed in this section.

Weight loss programs as provided by the primary care physician to manage certain diseases, such as but not limited to diabetes and heart disease.

Refer to the Medical Policy titled [Preventive Care Services](#) for additional information.

Not Covered

- Weight loss or weight gain programs, except as mentioned in the above sections.
- Prescription drugs to treat obesity unless otherwise covered under the supplemental pharmacy benefit.
- Examples of items/services that are not covered include but are not limited to:
 - Dietary reviews and counseling except as provided by the primary care physician
 - Exercise programs
 - Behavioral modification programs
 - Food and food supplements
 - Vitamins and other nutritional supplements associated with weight gain or weight loss

Refer to the Benefit Interpretation Policy titled [Treatment of Morbid Obesity](#).

Policy History/Revision Information

Date	State(s) Affected	Summary of Changes
06/01/2025	All states	Not Covered <ul style="list-style-type: none">Replaced reference to “dietary <i>evaluations</i>” with “dietary <i>reviews</i>” Supporting Information <ul style="list-style-type: none">Archived previous policy version BIP194.L

Instructions for Use

Covered benefits are listed in three (3) sections: *Federal/State Mandated Regulations*, *State Market Plan Enhancements*, and *Covered Benefits*. All services must be medically necessary. Each benefit plan contains its own specific provisions for coverage, limitations, and exclusions as stated in the member’s Evidence of Coverage (EOC)/Schedule of Benefits (SOB). If there is a discrepancy between this policy and the member’s EOC/SOB, the member’s EOC/SOB provision will govern.