HOUSTON METHODIST

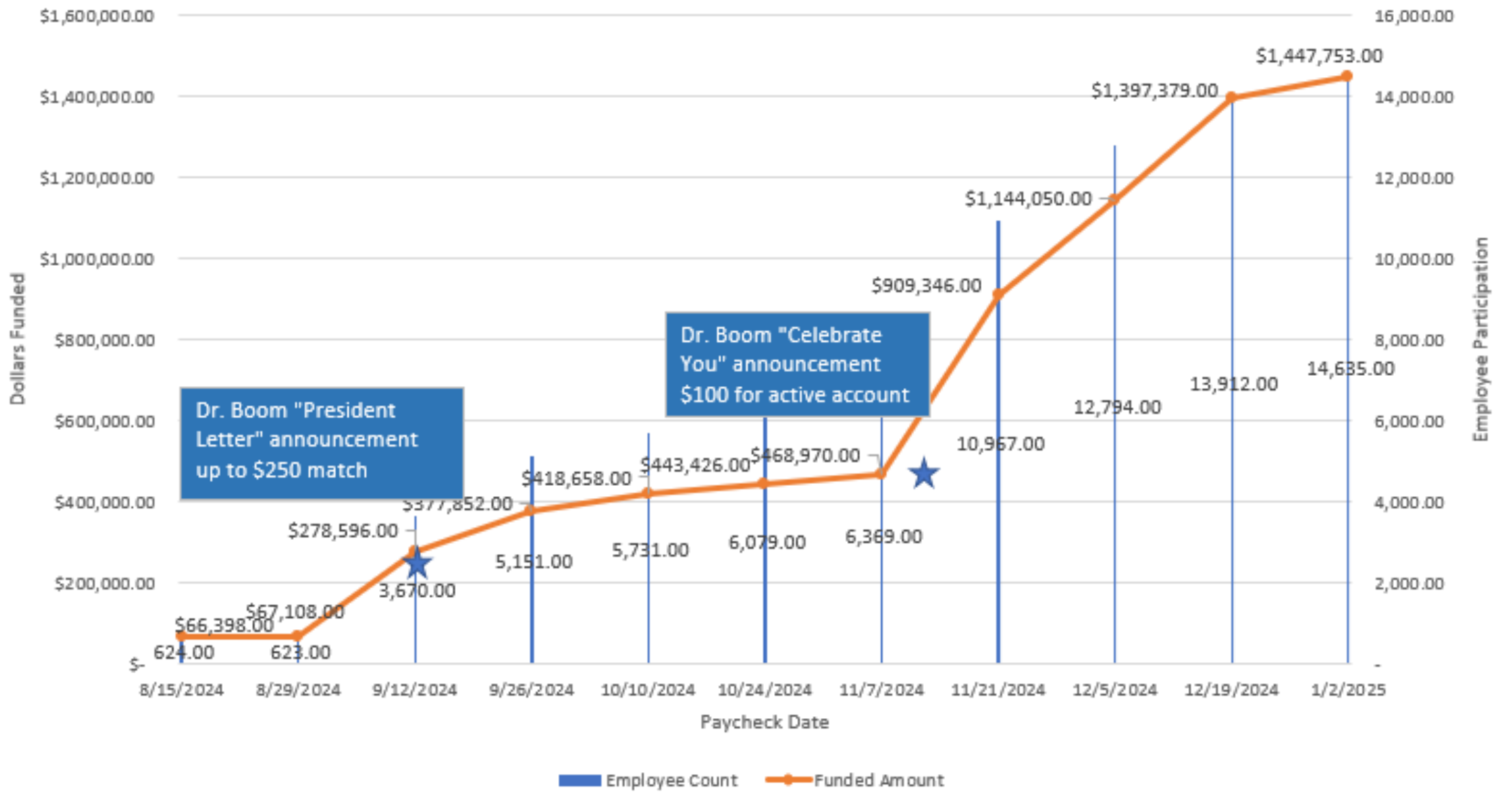COURTESY: HOUSTON METHODIST

Moursund St.

- Fatih based academic medical center with 8 hospitals (#9 opens in March), research institute and 1200+ employed physicians.
- 34,000+ employees, 49,000+ members covered on health plan
- Named to the U.S. News and World Report Honor Roll for and #1 hospital in Texas for the 13th year
- #18 on Glassdoor best employers and the highest hospital system
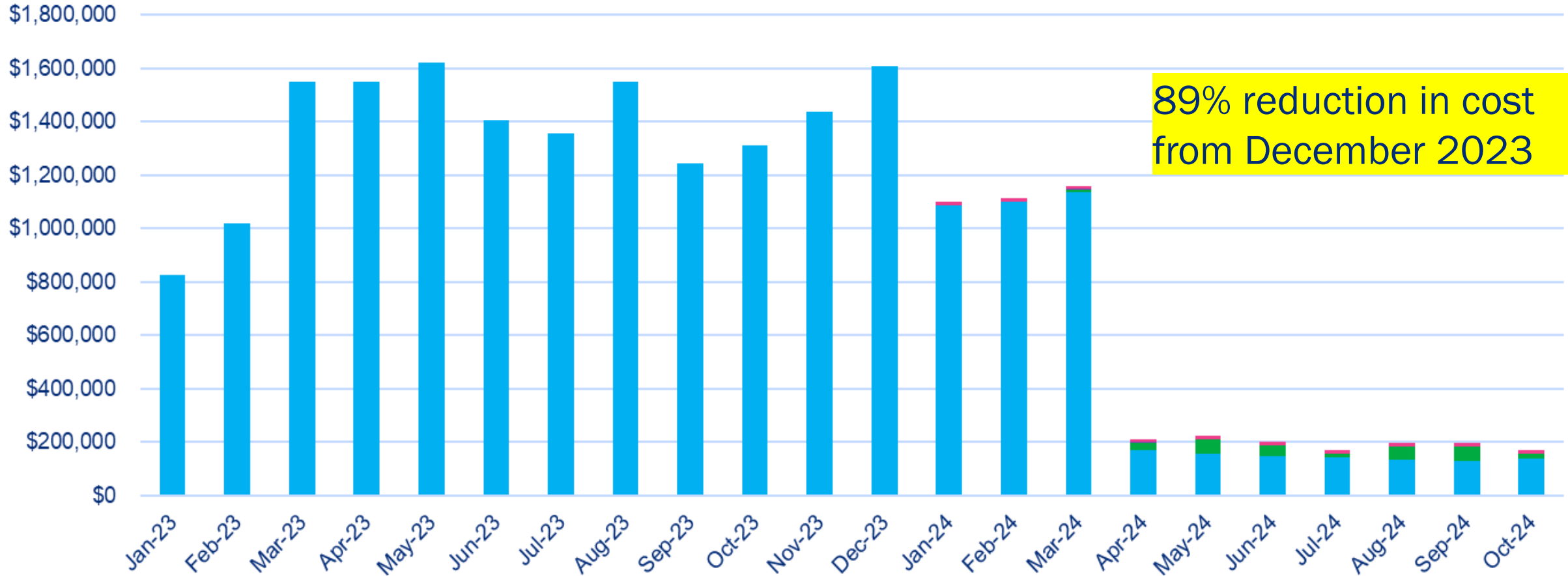- Client of Quantum Health since 2018

Quantum® HEALTH

Houston Methodist Top 3

- Financial readiness
- GLP-1
- Lifestyle spending account

Goal Booster Campaign

Anti-Obesity and BMI Reduction Program Plan Spend

89% reduction in cost from December 2023

Appendix

BMI Reduction Criteria implemented for 2024

- Be at least 18 years old.
- Be covered by the HM Employee Medical Plan as an employee, spouse or dependent for at least two consecutive years from your most effective date.
- Have a BMI of 35.0 or greater.
- Try the following drug combinations and not achieve a 5% weight loss after taking the drugs for six months: phentermine + topiramate or bupropion + naltrexone. These medications are also available outside of this program.
- Have a prescription from a physician who is part of the approved network of physicians who are eligible under this program. Those physicians included in the network are Houston Methodist Coordinated Care providers and specialists in obesity medicine. All prescriptions are limited to a 30-day supply with each refill.
- Participate in six months of Houston Methodist BMI Reduction Program classes through the Center for Weight Loss & Bariatric Surgery.
- Once you have completed the initial six months of classes, then you must participate in at least one Houston Methodist BMI Reduction Program Class and weigh-in through the Center for Weight Loss & Bariatric Surgery each calendar month.
- Achieve at least a 5% weight loss in six months once you start to take the GLP-1 medication.
- You will no longer be eligible for a GLP-1 drug after three months at a steady and consistent weight. You may still be eligible for other weight loss medications at that time.

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LEADING MEDICINE