

Weight Management Program through Weight Watchers®

MeridianComplete (Medicare-Medicaid Plan) wants to help you lose weight and take control of your health. Obesity is a risk factor for many health issues like:



Diabetes



Heart disease



MeridianComplete has teamed up with Weight Watchers® to give you a program that aids weight loss through a healthy lifestyle. To join the MeridianComplete weight loss program, you must:

- sign the Authorization for Release paperwork with your provider, found in the Health Library at **www.mhplan.com** under “Weight Watchers Form”
- ask your provider to submit a program request called a prior authorization form, and attach the Authorization for Release (Weight Watchers form) online at **www.mhplan.com**
- have not exhausted Weight Watchers® benefit (two sessions of 12 weekly meetings) through MeridianComplete within the same year

Once we receive the Authorization for Release paperwork and program request from your provider, MeridianComplete will then reach out to you about joining the program.



The MeridianComplete weight loss program through Weight Watchers® is made up of two 12-week sessions per year. Additional documentation is not required for Session 2 as long as you have been approved for Session 1.

Want to learn about other programs MeridianComplete offers to help you take care of your health?

**Call Member Services at 1-855-580-1689 (TTY users should call 711),
Monday – Sunday, 8 a.m. to 8 p.m.**



A WellCare Company

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

Weight Watchers is a contracted vendor of MeridianComplete. If you have any questions call **1-855-580-1689** (TTY users should call **711**), **Monday – Sunday, 8 a.m. to 8 p.m.** The call is free.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).

