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# IDAHO DEPARTMENT OF HEALTH & WELFARE

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## Need help with your weight?

Preventive Health Assistance (PHA) is a benefit available to Medicaid participants age five and older who want help managing their weight. Participants may earn benefits simply by participating in a monitored weight management program for either weight loss or weight gain.

### Here's how it works:

- Step 1: Contact your Healthy Connections doctor to see if you/your child need an examination. If you and your doctor agree a weight management program would benefit you/your child. Your doctor will provide you with the Weight Management agreement form. They must complete the Health Care Provider section of the form, sign in agreement that you/your child are healthy enough to participate in the program, and provide you the form with their section completed.
- Step 2: Participant, or Guardian, signs the form in agreement to participate.
- Step 3: Participant, or Guardian, chooses a participating weight management organization from the [WM Organization List](#). You can also request the list from your doctor. Take the agreement form to the participating PHA weight management organization of your choice and have them sign in agreement to provide services as your/your child's your weight management program.
- Step 4: Return the form via mail or fax to the PHA unit for processing.

You can use the program to help pay for services offered by participating PHA weight management organizations such as:

- Fees for a weight management program.
- Healthy lifestyle classes.
- Nutrition classes or services.

Once your **completed** agreement form is received it will be reviewed to determine eligibility. After the agreement form is processed a notice of decision will be mailed to you. The annual maximum benefit you can earn is \$200. Any additional fees will be your responsibility.

If you have any questions about your PHA benefits, call toll free at 1-877-364-1843 or e-mail your questions to [MedicaidPHAProgram@dhw.idaho.gov](mailto:MedicaidPHAProgram@dhw.idaho.gov).

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