Program Overview
- Number of policy holders: 99,000
- Covered lives: 215,000

Program Goals
- Expand weight management program.
- Create more interventions for children in promoting healthy lifestyles.
- Initiate efforts to stem the tide of heart disease, diabetes, and hypertension through the use of a health report card and incentives.

Program Components
- Health screenings for diabetes, heart disease, osteoporosis, and prostate cancer.
- Behavior change programs emphasizing healthy eating and physical activity.
- Comprehensive tobacco cessation program.
- Weight management program.
- Dr. Dean Ornish Program for Reversing Heart Disease.
- Face-to-Face Diabetes Program.
- West Virginia Games for Health project.

Key Findings
- More eligible employees are participating in the Public Employees Insurance Agency (PEIA) programs on an annual basis.
- Short term findings for PEIA’s medically supervised weight management program demonstrate drug and medical claims cost savings with the members experiencing improved outcomes with their weight and associated risk factors. Although the program experiences a 50 percent drop-out rate, it is more than offset by the successes of those who adhere to program requirements.

“The BOTTOM LINE

“Prevention and health promotion will remain cornerstones of our state health policy. The responsibility lies not just with government, educators, and employers, but with every West Virginian.”

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