



## Body Composition Assessment & Health

SRP-MIC's health plan provides "Category One" preventive services for children and adults for certain designated non-health reform related wellness services payable at 100%, no deductible from in-network (BC/BS AZ) providers **up to a benefit limit of \$800/year** after which the coinsurance is 10% paid by the plan for remaining eligible Category One wellness expenses.

DEXA Scanning may be approved for reimbursement using the Category One Wellness Benefit when an individual is determined to be "*at-risk*" by a **physician** using the following criteria:

- Individual is at-risk, as determined by a physician, based on two or more of the following criteria:
  - Body Mass Index > 25 kg/m<sup>2</sup>
  - Waist circumference >102cm (men) or > 88cm (women)
  - Waist to hip ratio >0.95 (men), >0.86 (women) < 60 years old and for those aged 60-69: >1.03 (men), > and >0.90 (women)
  - Presence of sleep apnea or obesity-related sleep disorders
  - Presence of lower-extremity osteoarthritis, history of lower extremity joint replacement
  - Diabetes (> 126 mg/dl, HbA1C ≥7.0%) or impaired fasting glucose (≥ 114 mg/dl), on two or more measurements on separate days, or, an abnormal glucose tolerance test.
  - Hyperlipidemia: Total cholesterol over 240 mg/dl
  - Dyslipidemia: LDL cholesterol ≥ 130 mg/dl, HDL cholesterol ≤ 40 mg/dl, total cholesterol: HDL:Cholesterol ≥3.6 mg/dl, or those taking antilipidemic medications.
  - Hypertension/prehypertension: ≥140/90 mmHg (≥130/80 mmHg in those with CKD, DM)/≥120/80 mmHg (measured on two separate occasions). Or, taking one or more antihypertension medications
  - Hypertriglyceridemia: Fasting triglyceride levels > 200 mg/dl
  - Elevated liver enzymes (non-alcoholic fatty liver disease) ALT:>46 U/L AST: >46 U/L men and AST: >35, ALT: > 34 U/L in women
  - Metabolic Syndrome: Increased waist circumference, insulin resistance/diabetes, dyslipidemia, elevated blood pressure, &/or elevated liver enzymes (by measurement standards listed above) and/or abnormal kidney function &/or increased thrombolytic tendency and/or proinflammatory state.
  - Signs/symptoms of cardiovascular, pulmonary or metabolic disease
  - Known cardiovascular, pulmonary or metabolic disease

- Sedentary lifestyle/exercise intolerance/low fitness
- History of multiple failed weight loss attempts and preparing to embark on a lifestyle change to lose weight.
- Current cigarette smoker
- Positive family history of early and significant cardiovascular disease

And:

- Body composition is measured by Dual Energy X-Ray Absorptiometry;
- Exercise or resting metabolism (energy expenditure) is measured by indirect calorimetry, and;
- Testing is performed by qualified allied healthcare professionals with indirect supervision of a physician.

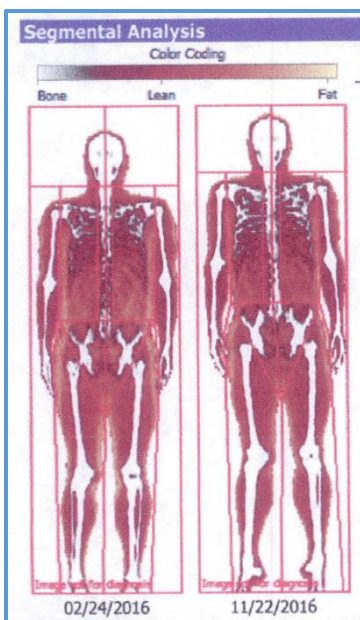


Figure 1. 2-DEXA Scans on same participant

Specific plan participants would benefit from having the DEXA Scan, the gold standard for body composition assessment and associated counseling to assess the degree to which their health may be impaired by adiposity. This may lead to informed choices regarding the appropriateness of interventions to change body composition, based on risk.

The DEXA scan can most accurately assess the various components of body weight, fat, fat-free mass (bone, organs muscle, and other), and the distribution of body fat. Visceral fat, or fat accumulating in and around organs represent a much greater risk for many illnesses.

Not all weight loss is equal. DEXA scan can help determine the quality of weight loss (losing more body fat and less lean body mass and bone). This in turn, can help expose dangerous or ineffective lifestyle interventions and help participants to make changes that reduce risk for chronic illness based on adiposity.

Region	%Fat (%)	Total Mass (lbs)	Fat Mass (lbs)	Lean Mass (lbs)	BMC (lbs)
Arms Total	22.4	21.9	4.7	16.1	1.1
Right	23.0	11.1	2.4	8.1	0.6
Left	21.9	10.8	2.3	8.0	0.5
Difference	1.1	0.2	0.2	0.0	0.0
Legs Total	29.7	71.9	20.5	48.4	3.1
Right	30.6	35.8	10.5	23.8	1.5
Left	28.8	36.1	10.0	24.6	1.6
Difference	1.8	-0.3	0.5	-0.8	-0.1
Trunk	39.8	111.6	43.3	65.5	2.7
Android	43.1	17.9	7.7	10.1	0.2
Gynoid	30.7	35.3	10.6	23.8	0.9
Total	33.9	217.0	70.8	138.1	8.2

BMC = Bone Mineral Content

Questions? Please contact your WellPath Coach or email [wellness@srpmic-nsn.gov](mailto:wellness@srpmic-nsn.gov)