

**AMENDMENT NO. 20-3**  
**TO THE**  
**RULES AND REGULATIONS**  
**OF THE**  
**MEBA MEDICAL AND BENEFITS PLAN**

At their February 19-20, 2020 meeting, the Trustees of the MEBA Medical and Benefits Plan (the “Plan”) amended the Plan’s Rules and Regulations to provide coverage to Eligible Employees and Dependents for professional nutritional counseling, provided that certain conditions are met, effective October 25, 2018.

1. Article VI, Section 3(e) shall be amended to strike paragraph (19) in its entirety, and the remaining paragraphs of Section 3(e) shall be renumbered accordingly.

2. Article VI, Section 3 shall be amended by adding new paragraph (l), to read as follows:

(l) Nutritional Counseling

If an Eligible Employee or Dependent who is at risk due to nutritional history, current dietary intake, medication use, or chronic illness or condition incurs Covered Medical Expenses in connection with professional nutritional counseling, such charges will be payable in accordance with the Plan’s provisions for the payment of hospital, surgical, and medical benefits, subject to the satisfaction of the following criteria:

- i. The service is provided by an eligible practitioner of nutritional counseling, functioning within his or her legal scope of practice, including
  - a. Medical Doctor (M.D.)
  - b. Doctor of Osteopathy (D.O.)
  - c. Registered dietitian or nutritionist licensed by the State Board of Dietetic Practice of that practitioner’s location of practice
  - d. Certified Diabetes Educator

Nutritional counseling benefits are not provided for commercial weight loss or obesity programs, including but not limited to Diet Center®, Jenny Craig®, NutriSystem®, WeightWatchers®, or Physicians WEIGHT LOSS Centers®.

- ii. Nutritional counseling beyond twelve (12) visits per condition per year is subject to medical review to determine medical necessity. If requested, documentation must demonstrate, through a care plan and progress notes, patient progress and why additional visits are required.

Adopted in Principle: February 19-20, 2020

Effective Date: October 25, 2018

Language Approved: June 24-25, 2020



H. Marshall Ainley, Chairman



Ed Hanley, Secretary

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