

Commit2Wellness® Programs

Every AmeriHealth New Jersey plan features access to our Commit2Wellness suite of programs.¹ As a member, you'll benefit from incentives and tools to help you maintain your health and well-being both now and in the future.

Through Commit2Wellness Rewards, you can earn 100 Wellness Dollars for completing each of the following healthy activities: weight management, smoking cessation, and physical activity. In order to participate in any AmeriHealth New Jersey Commit2Wellness activity, you are required to complete your Personal Health Profile. Either create an account, or log in to your existing amerihealthexpress.com account to complete your profile.

As you complete healthy activities, you'll earn Wellness Dollars, which can be redeemed for electronic gift cards. For more information, visit amerihealthnj.com/giftcards.

Complete and submit the **Activity Verification Form** at amerihealthnj.com/activityverification, along with supporting documentation to become eligible to redeem your **Wellness Dollars** for an e-gift card.

Please note: All Wellness Activities must be reported via email, complete with approved supporting documents prior to **December 1** of the current calendar year. Any wellness dollars accrued prior to December 1 that are not redeemed by December 31 will expire at the end of the current calendar year. There will be no exceptions to these deadlines. Any Wellness Dollars accrued in December will carry over into the following year.



Physical Activity

Regular physical activity can help reduce cholesterol and blood pressure, manage your weight, maintain bone strength and muscle tone, and even boost your mood. Complete and log 120 visits to a fitness center, and we'll reward you **100 Wellness Dollars** annually². When you are validating your physical activity in the Activity Verification Form, please submit either our fitness log, a print out from your gym, or a log from your fitness app. The fitness log can be found at amerihealthnj.com/fitnesslog.



Weight Management

No one ever said weight loss would be easy, but support from others can make the challenges feel more manageable. Complete an approved weight loss program and we'll reward you **100 Wellness Dollars** annually³.



Smoking Cessation

Quitting isn't easy, and many people try more than once before they succeed. To help you quit for good, we'll reward you **100 Wellness Dollars** for completing a tobacco cessation program⁴.

The following resources were designed to improve the health of members and create a better overall health care experience.

- **Baby Footsteps®**
Baby FootSteps will help you prepare to welcome your baby by providing you with prenatal resources and information about each stage of your pregnancy and your child's development.
- **Condition and Case Management Programs**
AmeriHealth New Jersey offers condition and case management support for complex and chronic conditions. For more information, visit amerihealthnj.com/casemanagement⁵.

¹ The AmeriHealth New Jersey Commit2Wellness program is available to all active fully-insured members.

² Must meet the required 120 visits in order to redeem your Wellness Dollars.

³ Weight management is for subscribers and dependents 18 years or older.

⁴ This program is for active smokers only. Applicable to subscribers and dependents 18 years or older. Smokers are required to participate in the program and successfully quit smoking within the year they begin reporting this activity.

⁵ Condition Management is available at no cost to most members. Please refer to your member materials for the terms, limitations, and exclusions of your health care coverage, or call Customer Service at the number on the back of your medical ID card to find out if you are eligible.