

## Commit2Wellness® Programs

Every AmeriHealth New Jersey plan features access to our Commit2Wellness suite of programs.<sup>1</sup> 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](http://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](http://amerihealthnj.com/giftcards).

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

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**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** annually<sup>2</sup>. 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](http://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** annually<sup>3</sup>.



### 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 program<sup>4</sup>.

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/casemanagement](http://amerihealthnj.com/casemanagement)<sup>5</sup>.

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

<sup>2</sup> Must meet the required 120 visits in order to redeem your Wellness Dollars.

<sup>3</sup> Weight management is for subscribers and dependents 18 years or older.

<sup>4</sup> 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.

<sup>5</sup> 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.

## Language Taglines and Nondiscrimination Notice

### Language Assistance Services

**Spanish:** ATENCIÓN: Si habla español, cuenta con servicios de asistencia en idiomas disponibles de forma gratuita para usted. Llame al 1-800-275-2583 (TTY: 711).

**Chinese:** 注意: 如果您讲中文, 您可以得到免费的语言协助服务。致电 1-800-275-2583。

**Korean:** 안내사항: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-275-2583 번으로 전화하십시오.

**Portuguese:** ATENÇÃO: se você fala português, encontram-se disponíveis serviços gratuitos de assistência ao idioma. Ligue para 1-800-275-2583.

**Gujarati:** સૂચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. 1-800-275-2583 કોલ કરો.

**Vietnamese:** LƯU Ý: Nếu bạn nói tiếng Việt, chúng tôi sẽ cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí cho bạn. Hãy gọi 1-800-275-2583.

**Russian:** ВНИМАНИЕ: Если вы говорите по-русски, то можете бесплатно воспользоваться услугами перевода. Тел.: 1-800-275-2583.

**Polish:** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-275-2583.

**Italian:** ATTENZIONE: Se lei parla italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800-275-2583.

**Arabic:** ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية متاحة لك بالمجان. اتصل برقم 1-800-275-2583.

**French Creole:** ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-275-2583.

**Tagalog:** PAUNAWA: Kung nagsasalita ka ng Tagalog, magagamit mo ang mga serbisyo na tulong sa wika nang walang bayad. Tumawag sa 1-800-275-2583.

**French:** ATTENTION: Si vous parlez français, des services d'aide linguistique-vous sont proposés gratuitement. Appelez le 1-800-275-2583.

**Pennsylvania Dutch:** BASS UFF: Wann du Pennsylvania Deitsch schwetzsch, kannscht du Hilf griege in dei eegni Schprooch unni as es dich ennich eppes koschte zellt. Ruf die Nummer 1-800-275-2583.

**Hindi:** ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। कॉल करें 1-800-275-2583।

**German:** ACHTUNG: Wenn Sie Deutsch sprechen, können Sie kostenlos sprachliche Unterstützung anfordern. Wählen Sie 1-800-275-2583.

**Japanese:** 備考: 母国語が日本語の方は、言語アシスタンスサービス(無料)をご利用いただけます。1-800-275-2583へお電話ください。

### Persian (Farsi):

توجه: اگر فارسی صحبت می کنید، خدمات ترجمه به صورت رایگان برای شما فراهم می باشد. با شماره 1-800-275-2583 تماس بگیرید.

**Navajo:** Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh. Hódííłnih kojí' 1-800-275-2583.

### Urdu:

توجہ درکار ہے: اگر آپ اردو زبان بولتے ہیں، تو آپ کے لئے مفت میں زبان معاون خدمات دستیاب ہیں۔ کال کریں 1-800-275-2583

**Mon-Khmer, Cambodian:** សូមមេត្តាចាប់អារម្មណ៍: ប្រសិនបើអ្នកនិយាយភាសាមន-ខ្មែរ ឬភាសាខ្មែរ នោះ ជំនួយផ្នែកភាសានឹងមានផ្តល់ជូនដល់លោកអ្នកដោយឥតគិតថ្លៃ។ ទូរសព្ទទៅលេខ 1-800-275-2583។

## Language Taglines and Nondiscrimination Notice

### Discrimination is Against the Law

This Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. This Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

This Plan provides:

- Free aids and services to people with disabilities to communicate effectively with us, such as: qualified sign language interpreters, and written information in other formats (large print, audio, accessible electronic formats, other formats).
- Free language services to people whose primary language is not English, such as: qualified interpreters and information written in other languages.

If you need these services, contact our Civil Rights Coordinator. If you believe that This Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with our Civil Rights Coordinator. You can file a grievance in the following ways: In person or by mail: ATTN: Civil Rights Coordinator, 1901 Market Street, Philadelphia, PA 19103, By phone: 1-888-377-3933 (TTY: 711) By fax: 215-761-0245, By email: [civilrightscordinator@1901market.com](mailto:civilrightscordinator@1901market.com). If you need help filing a grievance, our Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.