



2020 Embrace Well-being Rewards Verification Form

Commercial

Member information

Full name:	Date of birth:
Group number:	Member ID number:
Applicant status: <input type="checkbox"/> Subscriber <input type="checkbox"/> Dependent (Spouse only)	

Earn up to \$150 Embrace Well-being dollars. Any combination of Embrace Well-being activities totalling the allowed rewards limit are eligible for Embrace Well-being dollars. The allowed rewards limit for each eligible commercial group member is \$150.

Embrace Well-being Activity selection

- Physical Activity | 100 Embrace Well-being dollars**
Complete and log 120 days of verified physical activity. Acceptable forms of supporting documentation: printout from a gym, member-specific printout from activity tracker, fitness log validated by a gym or facility employee. This activity can only be submitted one time and must show all 120 days of activity.
- Healthy Numbers: BMI & Blood Pressure | 25 Embrace Well-being dollars**
Submit physician-verified healthy numbers: BMI less than 30 and Blood Pressure less than 140/90. This activity must be submitted with sign-off from your doctor. Reward is only available if both BMI and Blood Pressure are in range.
- Healthy Numbers: Glucose & Cholesterol | 25 Embrace Well-being dollars**
Submit physician-verified healthy numbers of Glucose less than 126 and Cholesterol less than 240. This activity must be submitted with sign-off from your doctor. Reward is only available if both Glucose and Cholesterol are in range.
- PCP or OBGYN Preventive Visit | 25 Embrace Well-being dollars**
Go for an annual exam with your PCP or OBGYN. This activity must be submitted with a doctor's note, EOB, or other documentation. Reward is only available if it is a well visit, and not a visit regarding an illness.
- Preventive Screening: Breast Cancer | 25 Embrace Well-being dollars**
Get a preventive breast cancer screening during this program year.¹ Screening frequency should be discussed with your health care provider. This activity must be submitted with a doctor's note, EOB, or other documentation.
- Preventive Screening: Cervical Cancer | 25 Embrace Well-being dollars**
Submit a preventive cervical cancer screening performed within the last 3 years.¹ Screening frequency should be discussed with your health care provider. This activity must be submitted with a doctor's note, EOB, or other documentation.
- Preventive Screening: Colorectal Cancer | 25 Embrace Well-being dollars**
Submit a preventive colorectal cancer screening,² including colonoscopy, flexible sigmoidoscopy, Cologuard, or FIT test, performed within the last 10 years.¹ Screening frequency should be discussed with your health care provider. This activity must be submitted with a doctor's note, EOB, or other documentation.
- Preventive Dental Visit | 25 Embrace Well-being dollars**
Go for a preventive visit and receive a cleaning from the dentist. This activity must be submitted with a dentist's note, EOB, or other documentation. Reward is only available if it is a preventive visit.

Please see next page for additional activities, rewards program rules, eligibility requirements, and submission instructions.



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Flu Vaccine | 25 Embrace Well-being dollars

Get an annual flu shot. This activity must be submitted with a doctor's note, EOB, or other documentation.

Weight Management | 25 Embrace Well-being dollars

Provide documentation. For participation in Weight Watchers,³ a PCP, or a hospital-based or registered dietitian weight loss program.

Smoking Cessation⁴ | 25 Embrace Well-being dollars

Provide documentation for participation in a PCP or hospital-based smoking cessation program, participation in the American Lung Association "Freedom From Smoking" online, or in an AmeriHealth New Jersey smoking cessation program at an employer site.

Nutritional Counseling | 25 Embrace Well-being dollars

A minimum of 3 visits is required. This activity must be submitted with a doctor's note, EOB, or other documentation.

Embrace Well-being Rewards program details

- Embrace Well-being Rewards is only available to active subscribers and spouses in public sector, small and large commercial groups over the age of 18. Dependent children are not eligible for rewards.
- Wellness submissions will not be accepted from inactive or terminated members.
- You must complete your Well-being Profile on amerihealthexpress.com to be eligible to earn Embrace Well-being Reward dollars.
- Embrace Well-being Rewards does not permit self-reportable activity. Complete and submit this Verification form along with supporting documents to embracewell-being@amerihealth.com. All supporting documentation must include member-identifiable information, such as name, email, user ID, etc. Please include your **First Name, Last Name** and **Verification Form** in the subject line of your submission email.
- If you are submitting activity from an activity tracker, documentation must include member-specific, identifiable member information such as name, email, user ID, etc.
- All Embrace Well-being Reward submissions will be reviewed, and if approved, your Embrace Well-being Reward dollars will be available on amerihealthexpress.com. There, you can redeem them for an e-gift card. Please allow 4-6 weeks for Reward dollars to appear on amerihealthexpress.com.
- For more information about acceptable forms of supporting documentation, please log in to amerihealthexpress.com and review the Embrace Well-being Rewards FAQ.
- The deadline for Embrace Well-being Reward submissions (verification form with supporting documents) is **November 30** of the current year; no exceptions will be made after this date.
- These are valued-added programs and services. They are not benefits under the health care plans that you purchased and are therefore, subject to change without notice.

¹To be eligible for Rewards for preventive screenings, the participant must have been an active member on the date of the screening.

²Embrace Well-being Colorectal Cancer Preventive Screening excludes stool cards and hemoccults.

³Receipt or proof of participation of at least 3 months is required.

⁴This program is for active smokers only. Smokers are required to participate in the program and successfully quit smoking within the year they begin reporting this activity. Certificate of completion is required.