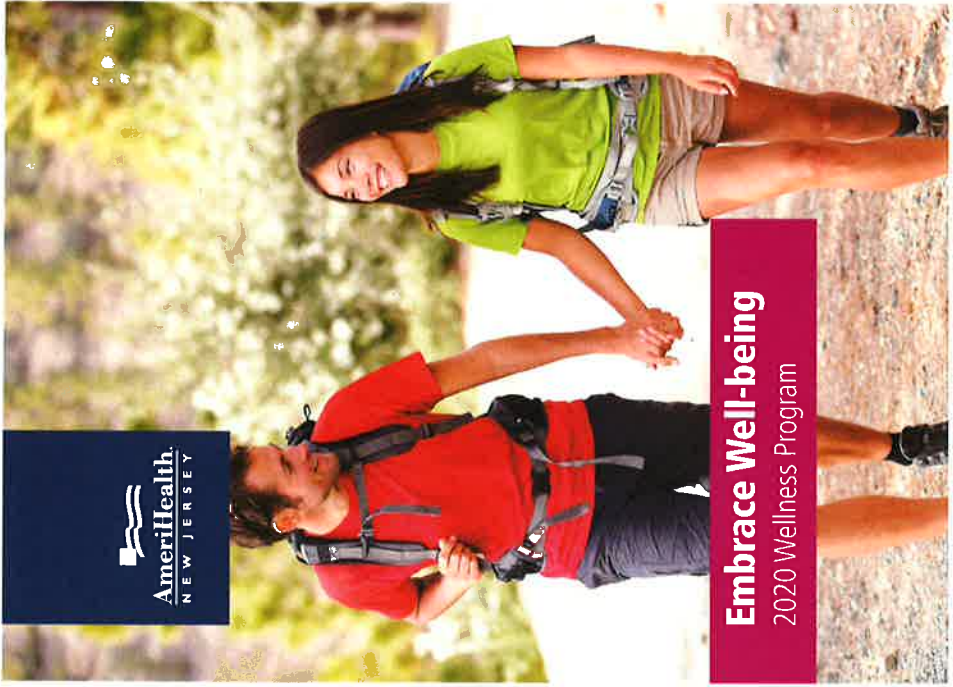


Embrace!



**Embrace Well-being**  
2020 Wellness Program



**Embrace Well-being**

## Everyone's journey to well-being is different – embrace yours.

**Embrace Well-being** is our holistic wellness program featuring rewards, discounts, and a variety of member resources that can help you on your journey to well-being in a way that's fun and rewarding. Get started today by visiting [amerthealthexpress.com](http://amerthealthexpress.com).

### Embrace: Online tools

Embrace Well-being online tools are designed to help you stay motivated on your well-being journey. Earn tokens and badges for every small step you take to reach your well-being goals. It's simple!



#### Your journey starts here.

- Log in to [amerthealthexpress.com](http://amerthealthexpress.com)
- Complete your Well-being Profile.
- Create a personalized Action Plan.
- Finish programs that fit your journey.
- Earn tokens and badges.
- Sync your health tracking app.
- Meet your goals.

#### Embrace well-being!

The more you use our Embrace Well-being online tools, the quicker you earn tokens. No matter where you are on your well-being journey, we're here to support you every step of the way. **Achieve your health goals with Embrace Well-being!**

### Embrace: Discounts

**Shop smarter, healthier and get active**  
Access these discount programs by logging in to [amerthealthexpress.com](http://amerthealthexpress.com), in the Health & Well-being tab.

- GlobalFit's Gym Network 360:** discounted gym memberships, fitness wearables, education programs, at home fitness equipment and more! Access exclusive best-in-class pricing from some of the biggest brands in fitness. Set up an account at [globalfit.com/amerthealth](http://globalfit.com/amerthealth) to get started!
- GlobalFit Anywhere app:** access a variety of workouts ranging from cycling and yoga to bootcamps and personal training. GlobalFit Anywhere app connects you to studios, gyms, and trainers using dynamic pricing to give you the best possible price. Download the GlobalFit Anywhere app today!
- LiveWellmerthealthnj.com:** score deals on everything from cleaning supplies to nutritious foods or find your new favorite healthy recipe – check in with Live Well regularly for updated coupons, articles and recipes.
- AmeriHealth Insider:** save up to 60% on tickets, travel, and shopping for a wide range of businesses, from local to national attractions and events.



### Embrace: Rewards

Get rewarded for your healthy lifestyle – benefit from these incentives to help you maintain your well-being both now and in the future.

As you complete activities, you may be eligible<sup>1</sup> to earn Embrace Well-being Dollars, which can be redeemed for electronic gift cards to a variety of popular retailers.

#### Up to 12 ways to earn

#### Embrace Well-being dollars:

Physical activity	\$100
Weight management	\$25
Smoking cessation	\$25
Nutrition counselling	\$25
PCP or OB/GYN visit	\$25
Flu Shot	\$25
Dental exam	\$25
Healthy Numbers: BMI & blood pressure	\$25
Healthy Numbers: cholesterol & glucose	\$25
Preventive Screening: breast cancer	\$25
Preventive Screening: cervical cancer	\$25
Preventive Screening: colorectal cancer	\$25
Total eligible reward:	<b>Log in to find out!</b>

Find out how many Embrace Well-being dollars you're eligible to earn<sup>2</sup> and how to submit your activity at [amerthealthexpress.com](http://amerthealthexpress.com).

<sup>1</sup>Eligible members include active subscribers and spouses over the age of 16, in a group, large group and public sector plan. Eligible members include individuals in our health plan, dependent children, and subscribers and spouses under the age of 18.

<sup>2</sup>Eligible members can earn up to \$150 or \$300 Embrace Well-being dollars each December 1 through November 30. Members are not eligible to earn Embrace Well-being dollars for all 12 activities.

All Embrace Well-being activity must be submitted for review and approved before Well-being dollars are awarded and redeemed for gift cards. Embrace Well-being does not permit self-reportable activity.



### Embrace: Programs & resources

As an AmeriHealth New Jersey member you have access to a variety of innovative support programs: helping you get the care you need, when you need it.

**Health Coaching**<sup>1</sup> is available 24/7 from our registered nurse Health Coaches and offers members extra support and services to help navigate their health journey. **Condition and Case Management programs**<sup>2</sup> provide support from a registered nurse Health Coach for members managing chronic conditions or a complex health situation, such as asthma, diabetes, hypertension, cancer or stroke, and many more.<sup>2</sup>

Call us at **1-888-YOUR-AH1 (1-888-968-7243)** to learn more and get the support and guidance you need or have your physician submit a referral form at [amerthealthnj.com/physicianreferral](http://amerthealthnj.com/physicianreferral).

**Baby FootSteps**<sup>®</sup> a free maternity program to help you plan for the healthiest pregnancy and delivery possible. This program offers you prenatal resources and information to guide you through each stage of pregnancy, plus, support from a Registered Nurse Health Coach 24/7. Sign up for Baby FootSteps by calling **1-800-598-BABY (1-800-598-2229)**.

**On to Better Health** - Because your mental health is just as important as your physical health, log in to [amerthealthexpress.com](http://amerthealthexpress.com) to complete your SmartScreen interactive quiz. Check out the benefit section to learn more.

You can find more tools and information about how to help keep you and your loved ones healthy at [amerthealthnj.com/healthyfamilies](http://amerthealthnj.com/healthyfamilies).

<sup>1</sup> Check your plan documents to see if you are eligible.

<sup>2</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.





**See a doctor**  
anytime, anywhere

**Telemedicine through MDLIVE is a convenient and low-cost option when you can't get to your doctor.**

You can see a board-certified doctor by secure video, phone, or mobile app. It's quicker and more cost-effective than the ER for treating non-emergency medical conditions, such as:

- Colds and flu
- Allergies
- Asthma
- Pink eye
- Ear infections
- Sinus problems
- Respiratory infections
- Joint aches and pains
- Vomiting and nausea
- Insect bites and rash

Telemedicine visits are included with your AmeriHealth New Jersey health plan. Signing up is free, and you pay \$0 per consult.\*

**Don't wait until you're sick — activate your account today!**

**There are four easy ways:**



Text **AHNJ** to **635-483** to chat with Sophie, a virtual assistant who will help you sign up



Download the MDLIVE app on your smartphone



Visit [mdlive.com/ahnj](https://mdlive.com/ahnj)



Call **1-888-976-7405**  
(TTY: 1-800-770-5531)



\*HSA members are subject to \$40 program allowance for consultations until their deductible has been met.

# Let Sophie help you activate your MDLIVE account

You're just a few steps away from anytime, anywhere access to local board-certified doctors. Here's how to activate your account with Sophie, your virtual Personal Health Assistant.

## Step 1: Get started

Using your smartphone, text **AHNJ** to **635-483**. Be sure to have your AmeriHealth New Jersey member ID card on hand when you're activating your account.

## Step 2: Connect with Sophie

You will receive a welcome text message, where you can tap to launch a web browser page, which will start a text conversation.

## Step 3: Access your account

Answer a few questions from Sophie to complete your registration. Once your account has been activated, you'll be ready to begin using your telemedicine benefit.

## Meet Sophie, your virtual Personal Health Assistant!



Sophie makes creating your MDLIVE account quick and easy using your smartphone.

Text **AHNJ** to **635-483**, and Sophie will walk you through the process.



[amerihealthnj.com](http://amerihealthnj.com)

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