

Embrace!



Embrace Well-being

2020 Wellness Program

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 [amihealthexpress.com](https://www.amihealthexpress.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 [amihealthexpress.com](https://www.amihealthexpress.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 [amihealthexpress.com](https://www.amihealthexpress.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/amihealthnj 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!
- Livewellamihealthnj.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: **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 Coaching¹ 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** programs¹ 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.²

Call us at **1-888-YOUR- AH1 (1-888-968-7241)** to learn more and get the support and guidance you need or have your physician submit a referral form at [amihealthnj.com/physicianreferral](https://www.amihealthnj.com/physicianreferral).

Baby FootSteps® 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 [amihealthexpress.com](https://www.amihealthexpress.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 [amihealthnj.com/healthyfamilies](https://www.amihealthnj.com/healthyfamilies).

¹ Check your plan documents to see if you are eligible.
² 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.



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 eligible¹ 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 counseling	\$25
PCP or OBGYN 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: **Log in to find out!**

Find out how many Embrace Well-being dollars you’re eligible to earn² and how to submit your activity³ at [amihealthexpress.com](https://www.amihealthexpress.com).

¹Eligible members include: active subscribers and spouses over the age of 18, in small group, large group and public sector plans. Ineligible members include: individual consumer market segment, dependent children, and subscribers and spouses under the age of 18.

²Eligible members can earn up to \$150 or \$300 Embrace Well-being dollars each program year based on their plan. Embrace Well-being program year runs from December 1 through November 30. Members are not eligible to earn Embrace Well-being dollars for all 12 activities.

³All Embrace Well-being activity must be submitted for review and approval before Well-being dollars are rewarded and redeemed for e-gift cards.. Embrace Well-being does not permit self-reportable activity.