

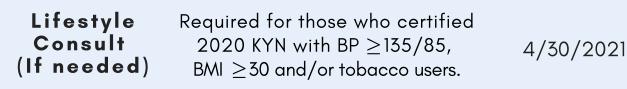
## ATLANTICARE

## **2021 WELLNESS ACTIVITY CHECKLIST**

This checklist will help you plan your wellness activities for the year. Be sure to track your progress on the wellness portal https://myatlanticare.org. For more information contact Health Engagement at 609-677-7507 or email wellness@atlanticare.org.

ACTIVITY	DESCRIPTION	DEADLINE	EMPLOYEE EARNS	SPOUSE EARNS	COMPLET Employee Spa	ED ouse
Online Health Assessment	Confidential 15-minute survey at https://myatlanticare.org	10/31/2021	\$150	\$150		
Annual Preventive Care Visit	Attend your Annual Preventive Care Visit with your Primary Care Provider	10/31/2021	\$600	\$600		
Primary Care Plus Credit	Your Annual Preventive Care Visit is with a Primary Care Plus Provider	10/31/2021	\$150	\$150		
Know Your Numbers 2020	Body Mass Index (BMI) Blood Pressure (BP) Tobacco Use	10/31/2020				
Know Your Numbers 2021	Complete the Wellness Activity Certification Form and submit to Health Engagement.	10/31/2021				
	<b>If Blood Pressure</b> in 2020 was ≥135/85, reduce BP below 135/85.		\$300	\$300		
	<b>If Body Mass Index</b> in 2020 was ≥30, lose 5% of your weight or reduce BMI below 30.		\$300	\$300		
	<b>If you certified as a Tobacco user</b> in 2020, attend an AtlantiCare tobacco cessation class.		\$300	\$300		
	<b>Lipid/Cholesterol Screening:</b> Your provider will indicate whether or not you have had a lipid/cholesterol		\$200	\$200		

you have had a lipid/cholesterol screening within the last 5 years.



Must be complete to earn improvement credit.

\$2000

## Total Wellness Credits Available \$2000

Your health plan is committed to helping you achieve optimal health. Rewards for participating in this wellness program are available to all benefit eligible employees by way of wellness credits. If you think you might be unable to meet a standard for wellness credits under this wellness program, you might qualify for an opportunity to earn the same wellness credit by different means. Please contact Health Engagement at 609-677-7507 or by emailing wellness@atlanticare.org and we will work with you (and, if you wish, with your doctor) to find a reasonable alternative with the same reward (or a waiver) that is right for you in light of your health status.

