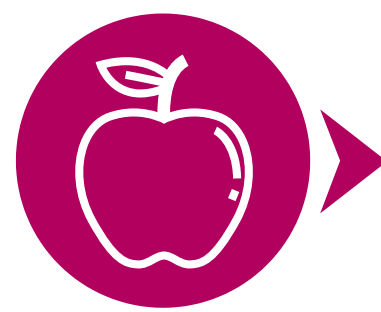


# 2022 WELLNESS ACTIVITY CHECKLIST PREVENTION PAYS



Complete activities on the 2022 Wellness Activity Checklist to earn wellness credits to be applied in 2023.

**Engaged Plan:** Employee and spouse can earn up to \$2000 each towards Wellness Deductible. **PPO Plan:** Employee and spouse can earn up to \$750 each towards bi-weekly contributions. **Waived:** Employee can earn up to \$750 to be applied to health reimbursement account. Track your completion status by viewing your wellness tracker at <https://myatlanticare.org>.

For more information contact Health Engagement call 609-677-7507 or email [wellness@atlanticare.org](mailto:wellness@atlanticare.org).

ACTIVITY	DESCRIPTION	DEADLINE	EMPLOYEE EARNS	SPOUSE EARNS	COMPLETED	
					Employee	Spouse
<b>Online Wellness Assessment</b>	Confidential 15-minute survey at <a href="https://myatlanticare.org">https://myatlanticare.org</a>	11/30/22	\$150	\$150	<input type="checkbox"/>	<input type="checkbox"/>
<b>Annual Preventive Care Visit</b>	Attend your Annual Preventive Care Visit with your Primary Care Provider	By 4/30/22	\$900	\$900	<input type="checkbox"/>	<input type="checkbox"/>
		By 7/31/22	\$750	\$750	<input type="checkbox"/>	<input type="checkbox"/>
		By 11/30/22	\$600	\$600	<input type="checkbox"/>	<input type="checkbox"/>
<b>Primary Care Plus Credit</b>	Your Annual Preventive Care Visit is with a Primary Care Plus Provider	11/30/22	\$150	\$150	<input type="checkbox"/>	<input type="checkbox"/>
<b>Know Your Numbers 2021</b>	Body Mass Index (BMI) Blood Pressure (BP) Tobacco Use	11/30/22			<input type="checkbox"/>	<input type="checkbox"/>
<b>Know Your Numbers 2022</b>	Complete the Wellness Activity Certification Form and submit to Health Engagement.	11/30/22			<input type="checkbox"/>	<input type="checkbox"/>
	If Blood Pressure in 2021 was $\geq 135/85$ , reduce BP below 135/85.		\$300	\$300		
	If Body Mass Index in 2021 was $\geq 30$ , lose 5% of your weight or reduce BMI below 30.		\$300	\$300		
	If you certified as a Tobacco user in 2021, 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 screening within the last 5 years.		\$200	\$200		
<b>Lifestyle Consult (If needed)</b>	Required for those who certified 2021 KYN with BP $\geq 135/85$ , BMI $\geq 30$ and/or tobacco users.	4/30/22	<b>Must be complete to earn improvement credit.</b>		<input type="checkbox"/>	<input type="checkbox"/>

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](mailto: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.