

2023 WELLNESS ACTIVITY CHECKLIST PREVENTION PAYS



Complete activities on the 2023 Wellness Activity Checklist to earn wellness credits to be applied in 2024.

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.

ACTIVITY	DESCRIPTION	DEADLINE	WELLNESS CREDIT AMOUNT COMPLETED (EMPLOYEE/SPOUSE)
Online Wellness Assessment	Confidential 15-minute survey at https://myatlanticare.org	11/30/23	\$150 <input type="checkbox"/>
Annual Preventive Care Visit	Attend one Annual Preventive Care Visit with your Primary Care Provider Complete by: 4/30/23 earn + \$300 7/31/23 earn + \$150	11/30/23	\$600 <input type="checkbox"/>
Primary Care Plus Credit	Your Annual Preventive Care Visit is with an AtlantiCare Primary Care Plus Provider	11/30/23	\$150 <input type="checkbox"/>
2022 Know Your Numbers	Complete and submit Wellness Activity Certification Form	11/30/22	<input type="checkbox"/>
2023 Know Your Numbers	Complete and submit Wellness Activity Certification Form	11/30/23	<input type="checkbox"/>
Includes:			
	• If Blood Pressure in 2022 was $\geq 135/85$, reduce BP below 135/85		\$300
	• If Body Mass Index in 2022 was ≥ 30 , lose 5% of your weight or reduce BMI below 30		\$300
	• If you certified as a Tobacco user in 2022, attend an AtlantiCare tobacco cessation class		\$300
	• Lipid/Cholesterol Screening: Your provider will indicate whether or not you have had a lipid/cholesterol screening within the last 5 years		\$200
Lifestyle Consult for those who need to make BP, BMI improvements and/or tobacco users*		7/31/23	Part of improvement credits <input type="checkbox"/>
Make It Personal	Choose activities that meet your needs. Earn up to \$100 in wellness credits from this section	11/30/23	<input type="checkbox"/>
	• Attend Health Engagement wellness education sessions (Max 2)		\$50 each
	• Attend the LifeCenter a minimum of 80 times between Jan 1-Nov 30, 2023		\$100
	• Patient Portal Enrollment- Verify on your wellness tracker at myatlanticare.org		\$50

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. *If improvement is made, credit will be provided for improvement regardless of Lifestyle Consult Completion.