

Weight Management Resource List

What Do You Have To Lose?

No matter where you are on your wellness journey, we are here to help.



AtlantiCare in Action: Fitbit Group

Join other AtlantiCare employees in friendly competition by tracking your physical activity with your Fitbit device. Participants are entered into random drawings for prizes throughout the duration of the program. Visit <https://myatlanticare.org> for more information.

FitCare 290

This comprehensive 12-week program includes personal training, regular physical activity at the AtlantiCare LifeCenter, as well as individual and group wellness coaching. FitCare 290 is open to Engaged/PPO Plan members whose BMI was greater than or equal to 25, or blood pressure greater than or equal to 135/85. Non-LifeCenter members receive a refund of their 3 month membership upon completion of the program. LifeCenter members enjoy the benefits of additional personal training sessions to support their goals.

Group Fitness/Personal Training

The AtlantiCare LifeCenter in Egg Harbor Township and Atlantic City offer a variety of group fitness classes and group personal training opportunities. Class schedules can be viewed at www.atlanticare.org/lifecenter. If you are interested in taking group fitness classes but need some guidance in getting started, please call 609-677-5482.

609-677-7507

wellness@atlanticare.org

AtlantiCare
HEALTH ENGAGEMENT

Medical or Surgical Weight Management

A bariatric Center of Excellence since 2005, AtlantiCare's Center for Surgical Weight Loss & Wellness offers personalized, compassionate support in all aspects of bariatric care, including both surgically and medically managed weight loss. Medically managed weight loss is appropriate for individuals with a BMI \geq 30 or BMI 27 with a medical condition such as hypertension, diabetes, sleep apnea or high cholesterol. While diet and exercise are the cornerstones to weight control and maintenance, additional treatment with weight loss medications, may be needed to achieve durable weight loss. To learn more about medical or surgical management, call the center at 609-833-9833.

Registered Dietitian Visits

Engaged Plan members are entitled to 6 visits with a Registered Dietitian for medical nutrition therapy. A referral from your provider and co-pay are required. Call the Access Center at 1-888-569-1000 to schedule. For additional information on nutritional counseling benefit coverage, including additional providers, call Horizon customer service.

Wellness Coaching

Partner with your very own health coach. Free wellness coaching is available for tobacco cessation, weight management, stress management and nutrition. Sessions are held telephonically and can also be conducted in person if scheduling permits. To schedule an appointment, call 609-677-7507.

Not sure which weight management resources is right for you? Contact the Health Engagement team at wellness@atlanticare.org or 609-677-7507.

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