

# 2023 WELLNESS ACTIVITY CHECKLIST CHANGES

## What's New?

Earn up to \$100 in Wellness Credits from the Make it Personal section of the Wellness Activity Checklist by attending Health Engagement Wellness Education sessions, attending the LifeCenter or having an AtlantiCare Patient Portal.

### Make it Personal

- |                                                                               |           |
|-------------------------------------------------------------------------------|-----------|
| • Attend Health Engagement Wellness Education Session                         | \$50 each |
| • Check in at the LifeCenter a minimum of 80 times between Jan 1-Nov 30, 2023 | \$100     |
| • Create an AtlantiCare Patient Portal account.                               | \$50      |

Questions? Please call 609-677-7507 or email [wellness@atlanticare.org](mailto:wellness@atlanticare.org)



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.