

Health & Wellbeing Resources

EMPLOYEE ASSISTANCE PROGRAM (EAP)

A confidential program designed to help team members and their immediate family members 18 and older, prevent, identify and resolve problems before they affect job performance. **For more information call 1-800-260-0808.**

FINANCIAL WELLNESS COACHING

The Financial Wellness Institute and AtlantiCare are pleased to offer 1:1 Financial Wellness Coaching to help AtlantiCare team members reach their financial goals. **Visit wellness.atlanticare.org to register.**

GROUP FITNESS/PERSONAL TRAINING

The AtlantiCare LifeCenter offers a full range of cardio & strength equipment, indoor pools, a wide variety of classes, and personal training. **For more information call 609-677-5433.**

LIFECENTER FINANCIAL ASSISTANCE PROGRAM

Our financial assistance program ensures that all staff members have access to the LifeCenter programs and services. Financial assistance is based upon family size and household annual income. **For more information call 609-677- LIFE (5433) or email lifecenter@atlanticare.org.**

LITTLE STARFISH NEW PARENT PACKAGE

Welcoming a new family member is a joyful milestone, and we understand it also brings many changes. AtlantiCare is here to support our team members with our Little Starfish New Parent Package. **Visit wellness.atlanticare.org to complete a package request form.**

LIVONGO DIABETES MANAGEMENT

Diabetes management, simplified; a simple, advanced blood glucose meter, and as many strips and lancets as you need, 100% paid for by your employer. For AtlantiCare benefit eligible team members and spouses. **Go Livongo.com/ATLANTICARE/New**

LIVONGO WEIGHT MANAGEMENT

Get the tools and coaching support you need to help manage your weight at no cost to you. For AtlantiCare team members and spouses enrolled in medical benefits with a BMI of 30 or greater. To get started visit **Healthy.Livongo.com/ATLANTICARE/register**

MEDICAL OR SURGICAL WEIGHT MANAGEMENT

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. **For more information call 609-833-9833.**

PERSONIFY HEALTH WELLNESS PORTAL

Head to the Apple/Android app store to download the latest Personify Health app. Participate in the AtlantiCare Wellness Program, build healthy habits, and get personalized support – all in one place.

REGISTERED DIETITIAN VISITS

AtlantiCare team members and spouses enrolled in medical benefits 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.**

NICOTINE CESSATION CLASSES

AtlantiCare offers free nicotine cessation education. Learn more about developing a quit plan, nicotine replacement medications, coping with common triggers and much more. Group, individual, and telephonic sessions available. **For more information call 609-677-7507.**

WELLNESS COACHING

Telephonic wellness coaching is available to AtlantiCare team members and spouses for weight, management, stress management, nutrition and more. **For more information call 609-677-7507.**

