

2023 ATLANTICARE WELLNESS RESOURCES

For more information call 609-677-7507 or email wellness@atlanticare.org

ADVANCE CARE PLANNING:

<https://www.atlanticare.org/patients-and-visitors/for-patients/advance-care-planning/>

ATLANTIC PREVENTION RESOURCES QUIT CENTER:

Free treatment for tobacco users ages 18+. Tobacco treatment specialists available via phone or in person, 6-week group counseling sessions and free nicotine replacement therapy services available. **For more information call 609-796-4140.**

EMPLOYEE ASSISTANCE PROGRAM (EAP):

The Employee Assistance Program (EAP) is a confidential program designed to help employees and their immediate family members 18 and older, prevent, identify and resolve problems before they affect job performance. EAP offers confidential, brief intervention services both over the phone and in person, seminars, conflict resolution, employee wellness trainings, coaching and support around treatment needs as well as referrals to treatment as necessary. **For more information call 1-800-260-0808.**

FITCARE290:

12-week program includes personal training, regular physical activity at the AtlantiCare LifeCenter, as well as individual and group wellness coaching. Open to Engaged/PPO Plan members whose BMI was greater than or equal to 25. **For more information call 609-677-7507.**

FREE TOBACCO CESSATION CLASSES:

AtlantiCare Health Engagement offers free tobacco cessation classes. Learn more about; developing a quit plan, tobacco cessation medications, coping with common triggers and much more. **For more information call 609-677-7507.**

GROUP FITNESS/PERSONAL TRAINING:

The AtlantiCare LifeCenter offers a full range of cardio & strength equipment, indoor pool, a wide variety of classes, and personal training. Virtual training is also available. **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.**

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 Engaged Plan members. Not a Livongo member? See if you're eligible for personalized health support at **Go.Livongo.com/ATLANTICARE/New**

LIVONGO WEIGHT MANAGEMENT:

Get the tools and coaching support you need to help manage your weight and prevent diabetes at no cost to you. For AtlantiCare Employees Engaged Plan members. Get started

Text "GO ATLANTICARE" to 85240 to learn more and join or visit

Healthy.Livongo.com/ATLANTICARE/register

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 > 30 or BMI 27 with a medical condition such as hypertension, diabetes, sleep apnea or high cholesterol. **For more information call 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.**

TEAM DIABETES:

Our certified team of professionals can help you increase your self-management skills by giving you the practical tools and knowledge you need to manage your diabetes. Prediabetes classes also available. **For more information call the Access Center 1-888-569-1000.**

WELLNESS COACHING:

Telephonic wellness coaching is available to AtlantiCare employees and spouses/partners for tobacco cessation, weight, management, stress management and nutrition FREE of charge. **For more information call 609-677-7507.**