



ATLANTICARE 2021 WELLNESS ACTIVITY CERTIFICATION FORM

Patient: Please use this form to document your 2021 Know Your Numbers, Preventive Care Visit and Lipid Screening. Before submitting, please ensure that the entire form including the date, your provider's signature, provider stamp and your signature are completed upon submitting to Health Engagement. Information should be clear and legible. **Health Engagement must receive this form by 10/31/2021 in order for you to receive credit for these wellness activities.**

Provider: Complete sections 2-4, including provider signature and stamp to serve as adequate documentation of these wellness activities.

SECTION 1: TO BE COMPLETED BY PATIENT SUBMIT BY 10/31/2021

EMPLOYEE SPOUSE/PARTNER OF ATLANTICARE EMPLOYEE MyAtlantiCare.org ID Number: _____
Name: _____ DOB: ____ / ____ / ____
Employee/Policy Holder Clock#: _____
Phone: _____ Email: _____

SECTION 2: ANNUAL PREVENTIVE CARE VISIT TO BE COMPLETED BY PHYSICIAN SUBMIT BY 10/31/2021

Date of Annual Preventive Care Visit: ____ / ____ / ____ Advance Directive Form Complete

SECTION 3: KNOW YOUR NUMBERS TO BE COMPLETED BY PHYSICIAN SUBMIT BY 10/31/2021

Are you currently a tobacco user? Yes No
Blood Pressure: ____ / ____ Height: ____ ft ____ in Weight: ____ lbs BMI: ____
Have you had a lipid screening in the last 5 years? Yes No
Date of Cholesterol Screening: ____ / ____ / ____ Total Cholesterol: ____ HDL: ____

SECTION 4: Signatures

Provider Signature _____



I hereby authorize my provider to send this form to Health Engagement.

Patient Signature _____ Date: ____ / ____ / ____

IT IS THE RESPONSIBILITY OF THE PATIENT TO ENSURE WE RECEIVE THIS FORM BY 10/31/21 FOR CREDIT

FAX TO:
609-272-2551

-OR-

MAIL TO:
AtlantiCare Health Engagement
ATTN: WELLNESS
6550 Delilah Road, Bldg. 200, Suite 211
Egg Harbor Township, New Jersey 08234

**Confirm submission receipt by viewing your Wellness Activity Tracker at <https://myAtlantiCare.org>.
Questions? Please call Wellness Customer Service at 609-677-7507 or email 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 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.



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. Call 609-796-4140.
- AtlantiCare in Action: Fitbit Group:**
Join other AtlantiCare employees in friendly competition by tracking your physical activity with your Fitbit device. Email wellness@atlanticare.org to receive instructions on joining.
- 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.
- 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.
- 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.
- Livongo:** 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.
- 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 609-407-2332.
- Omada:** A digital health program that includes a wireless scale and other resources linked to your online account to help build healthy habits. Participants are paired with a personal health coach and online peer group for daily feedback and support. The Omada program is open to most Engaged Plan members with a BMI greater than or equal to 30. Please visit omadahealth.com/atlanticare to see if you are eligible.
- 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.