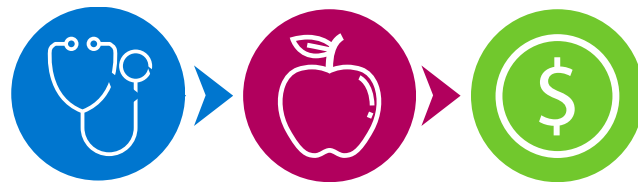


# 2024 WELLNESS ACTIVITY CHECKLIST



Complete activities on the 2024 Wellness Activity Checklist to earn wellness credits to be applied in 2025.

**Engaged Plan:** Employee and spouse can earn up to \$2000 each towards Wellness Deductible. **PPO Plan:** Employee and spouse can earn up to \$750 each towards bi-weekly contributions. **Waived:** Employee can earn up to \$750 to be applied to health reimbursement account. Track your completion status by viewing your wellness tracker at [wellness.atlanticare.org](http://wellness.atlanticare.org). For more information contact Health Engagement: Call 609-677-7507 or Email [wellness@atlanticare.org](mailto:wellness@atlanticare.org).

ACTIVITY	DESCRIPTION	DEADLINE	WELLNESS CREDIT AMOUNT COMPLETED (EMPLOYEE/SPOUSE)
<b>Online Health Assessment</b>	Confidential 15-minute survey at <a href="http://wellness.atlanticare.org">wellness.atlanticare.org</a>	11/30/24	\$150 <input type="checkbox"/>
<b>Annual Preventive Care Visit</b>	Attend one Annual Preventive Care Visit Complete by 4/30/24 to earn an additional \$300 Complete by 7/31/24 to earn an additional \$150	11/30/24	\$600 <input type="checkbox"/>
<b>Primary Care Plus Credit</b>	Your Annual Preventive Care Visit is with an AtlantiCare Primary Care Plus Provider	11/30/24	\$150 <input type="checkbox"/>
<b>2023 Know Your Numbers</b>	Complete and submit Wellness Activity Certification Form <i>*Must be on file to earn credit for 2024 Know Your Numbers*</i>	11/30/23	<input type="checkbox"/>
<b>2024 Know Your Numbers</b>	Complete and submit Wellness Activity Certification Form	11/30/24	<input type="checkbox"/>
	<ul style="list-style-type: none"> <li><b>Blood Pressure</b> <ul style="list-style-type: none"> <li>If Blood Pressure in 2023 was <math>\geq 135/85</math>, reduce BP below 135/85</li> </ul> </li> <li><b>Body Mass Index</b> <ul style="list-style-type: none"> <li>If Body Mass Index in 2023 was <math>\geq 30</math>, lose 5% of your weight or reduce BMI below 30</li> </ul> </li> <li><b>Tobacco Use</b> <ul style="list-style-type: none"> <li>If you certified as a Tobacco user in 2023, attend an AtlantiCare tobacco cessation class</li> </ul> </li> <li><b>Lipid/Cholesterol Screening:</b> Lipid/cholesterol screening within the last 5 years</li> </ul>		\$300 \$300 \$300 \$200
<b>Make It Personal</b>	Choose activities that meet your needs Earn up to \$100 in wellness credits from this section	11/30/24	<input type="checkbox"/>
	<ul style="list-style-type: none"> <li>Attend Health Engagement wellness education sessions</li> <li>Attend the LifeCenter a minimum of 80 times between Jan 1 and Nov 30, 2024</li> <li>Complete your Annual Preventive Care Visit with an AtlantiCare Virtualist</li> </ul>		\$50 each \$100 \$50

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.