

# Weight Management Resource List

## *What Do You Have To Lose?*

No matter where you are on your wellness journey, we are here to help.



### **AtlantiCare in Action: Fitbit Group**

Join other AtlantiCare employees in friendly competition by tracking your physical activity with your Fitbit device. Participants are entered into random drawings for prizes throughout the duration of the program. Visit <https://myatlanticare.org> for more information.

### **FitCare 290**

This comprehensive 12-week program includes personal training, regular physical activity at the AtlantiCare LifeCenter, as well as individual and group wellness coaching. FitCare 290 is open to Engaged/PPO Plan members whose BMI was greater than or equal to 25 (based on 2018 Know Your Numbers). Non-LifeCenter members receive a refund of their 3 month membership upon completion of the program. LifeCenter members enjoy the benefits of additional personal training sessions to support their goals.

### **Group Fitness/Personal Training**

The AtlantiCare LifeCenter in Egg Harbor Township and Atlantic City offer a variety of group fitness classes and group personal training opportunities. Class schedules can be viewed at [www.atlanticare.org/lifecenter](http://www.atlanticare.org/lifecenter). If you are interested in taking group fitness classes but need some guidance in getting started, please call 609-677-5482.

### **Healthy Rewards**

Employees enrolled in the Geisinger Engaged Plan can earn up to \$100 dollars\* for qualifying fitness activities. Earn money for exercising 10 times a month or towards race registration fees.

LifeCenter Members: Stop by the LifeCenter front desk to register. Non-LifeCenter Members: Download your reimbursement form at <http://myatlanticare.org> or <http://geisinger.org/atlanticare>. For questions contact Health Engagement at [wellness@atlanticare.org](mailto:wellness@atlanticare.org) or 609-677-7507 \* LifeCenter members can earn up to \$200.

**609-677-7507**

**[wellness@atlanticare.org](mailto:wellness@atlanticare.org)**

**AtlantiCare**  
HEALTH ENGAGEMENT  
A member of Geisinger

### **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  $\geq$  30 or BMI 27 with a medical condition such as hypertension, diabetes, sleep apnea or high cholesterol. While diet and exercise are the cornerstones to weight control and maintenance, additional treatment with weight loss medications, may be needed to achieve durable weight loss. To learn more about medical or surgical management, call the center at 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](http://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. Melissa Southrey, RD, CDE, sees patients at APG Primary Care offices in Galloway and the AtlantiCare LifeCenter. Patients who see providers at the Galloway location can call the office to schedule an appointment. Other patients can call the Access Center at 1-888-569-1000 to schedule. For additional information on nutritional counseling benefit coverage, including additional providers, call your medical plan customer service.

### **Weight Watchers @ Work**

Interested in starting a Weight Watchers group at your work location? Health Engagement will help coordinate groups of 15 or more. If you are interested, please contact [wellness@atlanticare.org](mailto:wellness@atlanticare.org). Community group sessions are held Saturday mornings 8:30 -10:30 a.m. at the AtlantiCare LifeCenter in Egg Harbor Township. You can enroll in person or visit [weightwatchers.com](http://weightwatchers.com).

### **Wellness Coaching**

Partner with your very own health coach. Free wellness coaching is available for tobacco cessation, weight management, stress management and nutrition. Sessions are held telephonically and can also be conducted in person if scheduling permits. To schedule an appointment, call 609-677-7507.

**Not sure which weight management resources is right for you? Contact the Health Engagement team at [wellness@atlanticare.org](mailto:wellness@atlanticare.org) or 609-677-7507.**

**We are here to help you reach your wellness goals.**

**609-677-7507**

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