



AtlantiCare 2019 Wellness Activity Checklist

This checklist will help you plan your wellness activities for the year.
Be sure to track your progress on the wellness portal <https://myatlanticare.org>

ACTIVITY	DESCRIPTION	EMPLOYEE EARNS	SPOUSE EARNS	DEADLINE	EMPLOYEE COMPLETED	SPOUSE COMPLETED
Online Health Assessment	Confidential 15-minute survey at myatlanticare.org	\$300	\$300	10/31/2019	<input type="checkbox"/>	<input type="checkbox"/>
Annual Preventive Care Visit	Attend annual preventive care visit with your primary care provider.	\$500	\$500	10/31/2019	<input type="checkbox"/>	<input type="checkbox"/>
Primary Care <i>Plus</i> Credit	Your Annual Preventive Care Visit is with a Primary Care <i>Plus</i> provider	\$150	\$150	10/31/2019	<input type="checkbox"/>	<input type="checkbox"/>
Know Your Numbers 2018	BODY MASS INDEX (BMI) BLOOD PRESSURE (BP) TOBACCO USE			10/31/2018	<input type="checkbox"/> BMI <input type="checkbox"/> BP <input type="checkbox"/> Y or <input type="checkbox"/> N	<input type="checkbox"/> BMI <input type="checkbox"/> BP <input type="checkbox"/> Y or <input type="checkbox"/> N
Know Your Numbers 2019	Certify your blood pressure, BMI and tobacco use by asking your provider to complete Certification Form and submitting to Health Engagement. Based on your 2018 KYN. If BP is $\geq 140/90$, lower BP to $< 140/90$ If BMI is ≥ 30 , lose 5% of your weight or reduce BMI below 30. If tobacco user, attend one smoking cessation class.	\$200	\$200	10/31/2019	<input type="checkbox"/>	<input type="checkbox"/>
Lifestyle Consult (if needed)	Required for those who certified 2018 KYN with BP $\geq 140/90$, BMI ≥ 30 and tobacco users. Starting January 7th complete online at https://myatlanticare.org or by calling 609-677-7507.	\$150	\$150	4/30/2019	<input type="checkbox"/>	<input type="checkbox"/>
	Know Your Numbers Total Credit Available	\$750	\$750			
Make It Personal	Choose three activities that meet your needs. (Each worth \$100, max earn \$300): <ul style="list-style-type: none"> • Fitness Challenges • Cholesterol Screening* • Wellness Seminars** Visit https://myatlanticare.org for more information	\$300	\$300	10/31/2019	<input type="checkbox"/>	<input type="checkbox"/>

Total Wellness Credits Available

\$2000

\$2000

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.

*Cholesterol Screening can be done with Know Your Numbers

**To enroll in a seminar, call 609-677-7507