

# INTRODUCING...

## FITCARE 290

This updated weight management program offers a team based approach to help you lose weight, address barriers to weight loss and educate you on the health benefits of losing weight beyond the number on the scale! Your personal Wellness Coach and Fitness Specialist will work together to help you achieve success and motivate you on your journey to better health.

### AM I ELIGIBLE?

- AtlantiCare Engaged Plan or PPO Plan Employee or Spouse/Partner
- BMI greater than or equal to 25 (based on 2017 Know Your Numbers)

If these both apply to you, good news, you qualify!



### HOW DO I SIGN UP?

Please visit <https://myatlanticare.org> and complete the FitCare 290 Enrollment form located on the right side of the page. Registration is available anytime from February 2018-August 2018.

### PARTICIPANT EXPECTATIONS

- Stick with the program for 90 days
- Complete 9 personal training sessions
- Work out a minimum of 2x/week at the LifeCenter
- Complete 3 coaching sessions. These can be group or individual 1:1 sessions with a Wellness Coach.

### WHAT IS THE COST?

#### Non-LifeCenter Members

Employee - \$111.75 (3 monthly payments of \$37.25)

Spouse - \$144.00 (3 monthly payments of \$48.00)

\*Reimbursed upon successful completion of the program.

#### LifeCenter Members

Enjoy access to an AtlantiCare LifeCenter Fitness Specialist and a Wellness Coach free of charge, along with the benefits of your current LifeCenter membership.

For more information call (609) 677-7507 or email

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

**AtlantiCare**  
HEALTH ENGAGEMENT  
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