

I am ready to make a change.

FITCARE290

AtlantiCare

Learning healthy, sustainable habits in a 12-week program to help you meet your fitness goals and develop a more valuable mindset through a personalized fitness plan.



What is included?

- 9 Personal Training Sessions
- 2 Wellness Coaching Sessions
- Takeaway Wellness Resources



Am I eligible?

- Engaged Plan or PPO members with a BMI greater than or equal to 25



What is the cost?

- LifeCenter members: free personal training and wellness coaching
- Non LifeCenter*: Employee - 3 monthly payments of \$37.95; Spouse - 3 monthly payments of \$48.00



How can I register?

Call: Health Engagement
609-677-7507

Visit: wellness.atlanticare.org
Tab: FitCare290

*Reimbursement upon successful completion of the program.