

June

Wellness Activity Checklist Updates

- **2019 Online Health Assessment:** To access the Health Assessment, login to your <https://myAtlantiCare.org> account and click on the tile labeled “Health Portal”. You will see a link on the left hand side of your page that says “Take Health Assessment”. If you require assistance with username or password information please follow the links for help located in the login box, or call the Wellness team at 609-677-7507. **The deadline to complete this wellness activity is 10/31/19.**

June Healthy Highway Challenge: Ahoy Matey! Our 2nd leg of the Treasure Hunt begins 06/01/19. Stay active at least 30 minutes a day, 5 days a week throughout the month and track your activity on the Healthy Highway Challenge to qualify. Each HHC is worth \$100 in wellness credits.

2019 Annual Preventive Care Visit and Know Your Numbers:

Beat the fall rush! Schedule your Preventive Care Visit with your Primary Care Doctor before the deadline of 10/31/19.

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- **Text Messages:** AtlantiCare Health Engagement has a text message program dedicated to sending reminder for the Wellness Activity Checklist. Interested in receiving these messages? Text **atlanticare** to 55678