Wellness Updates & Announcements

Wellness Activity Tracker: Please take a moment to review your Wellness Activity Tracker. This tracker will show you the Wellness Credits you have completed for the 2020 activity checklist. To view your online wellness activity completion status login at myatlanticare.org.

Wellness Activity Checklist: There are a few important changes to review on the 2020 Wellness Activity Checklist. These include:

- Blood Pressure improvement updated to less than 135/85

- Lifestyle Consult bundled with improvements for Blood Pressure, BMI and Tobacco. Each worth $250.

Lifestyle Consults: Deadline for consults is 4/30/20. You are able to complete the Lifestyle Consult video on your health portal under wellness workshops or you may call Health Engagement at 609-677-7507 to set up a telephonic appointment.

NEW Advance Care Plan credit worth $150: This year you have the opportunity to earn $150 for having your advance directive on file with your primary care provider. Please complete this prior to your preventive care visit. Your provider can indicate if this is complete on your wellness activity certification form at your preventive care visit. A copy of the Advance Directive form can be found on myatlanticare.org.

Wellness Seminars: Please log on to your wellness portal to see upcoming wellness seminars to count towards your make it personal wellness credits.


- The sooner you register the smaller amounts that will be taken from each paycheck.
March Healthy Highway Challenge: Has been waived for Engaged plan members. You will automatically receive the credit for this challenge.

- **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

  wellness@atlanticare.org