



## COMMIT2WELLNESS REWARDS

Commit2Wellness<sup>SM</sup> Rewards programs offer members support and guidance as they strive to live the kind of life that improves their chances of staying well. From giving them incentives to make smart lifestyle choices to providing them with individualized solutions and information for health issues that concern them, AmeriHealth New Jersey Commit2Wellness Rewards programs are designed with their best interests at heart. Best of all, they're available at no additional cost.



### How does it work?

Through AmeriHealth New Jersey Commit2Wellness Rewards, members earn Wellness Points for completing a variety of healthy activities, such as seeing their primary care physician (PCP) or GYN doctor or going to the gym. As they take steps toward a healthier self, they can work toward receiving a reward.

To redeem any of their point accruals, they must first complete an online Personal Health Profile on [amerihealthexpress.com](http://amerihealthexpress.com) and visit either their PCP or GYN. Once they complete the PHP and visit to their PCP or GYN, they can elect to redeem their points for just completing those two activities, each worth 25 Wellness Points.

Some examples of activities include:

- Fitness center participation, 120 visits in 365 days
- Successful completion of a tobacco cessation program
- Successful completion of a Healthy Weight, Healthy You! program
- Attending two nutrition counseling sessions with a registered dietitian

Wellness Points can be redeemed for debit cards or gift cards to a variety of retailers. Each Wellness Point is worth one dollar.

For more information, please contact your broker or AmeriHealth New Jersey representative.

Program	Reward
Personal Health Profile*	25 Wellness Points
PCP or GYN doctor visit*	25 Wellness Points
Fitness	120 workouts and receipt required to get 100 Wellness Points
Weight Management	Proof of program and receipt required to get 200 Wellness Points
Tobacco Cessation	Proof of program and receipt required to get 200 Wellness Points
Parenting Class	Proof of purchase/receipt required to get 50 Wellness Points
Nutritional Counseling	50 Wellness Points

\*These two programs must be completed first to be eligible to earn additional points for other rewarded activities.