

AmeriHealth HMO

The Health Plan
with *you* in mind.



AmeriHealth®



Put AmeriHealth to *work for you.*

With AmeriHealth, you get more than just health care benefits. We provide you with the information, tools and resources you need to make informed decisions about your health. You know what's best for you—so shouldn't you be in charge of your health care?

AmeriHealth HMO gives you...

- Access to quality care—"Excellent" NCQA Accreditation
- Comprehensive benefits
- Access to emergency care—anytime, anywhere
- Reimbursements on fitness club fees, weight loss programs, bike helmets and more
- 24/7 access to a Health Coach

Take charge of your health care.

Our award-winning AmeriHealth Healthy LifestylesSM programs give you the incentives and support you need to make the health care choices that are right for you.



Live Healthy—At AmeriHealth, we like to reward healthy behavior. Want to join a gym, lose weight or quit smoking?

We offer reimbursements for members who take an active role in improving and maintaining their good health. We also provide discounts for alternative health services and reminders for important health screenings.



Stay Healthy—Get the information, guidance and encouragement you need when dealing with chronic or unexpected health conditions. Our ConnectionsSM Health Management Programs provide access to a Health Coach 24/7, an encyclopedia of health information and educational materials.

For more information on these valuable programs, please refer to the AmeriHealth Healthy Lifestyles brochure in this folder, or log onto amerihealth.com



Manage Your Benefits



when you want, where you want

At AmeriHealth, you have access to your benefits 24 hours a day, seven days a week.

With **amerihealthexpress.com** you can:

- Review your benefits
- Print referrals
- Change your PCP
- Find and compare network providers
- Review quality data and patient safety information for network providers
- Check on claims
- Request an ID card
- Access an encyclopedia of health information
- Contact a Health Coach



Benefits that *work for you!*

With AmeriHealth HMO, your Primary Care Physician coordinates all your care. In addition to primary and preventive care benefits, AmeriHealth HMO covers you when you need:

- Specialist care
- Hospitalization
- Maternity or newborn care

Coverage that goes with you.

As an AmeriHealth HMO member, you have access to health care benefits for emergency care, no matter where you are. Attending school? Working away from home? On vacation? Whatever the reason—you'll have peace of mind knowing you have access to the care you need, when you need it.

Need help finding a doctor?

- Access our provider directory at amerihealth.com 
- Call our Health Resource Center at 1-800-275-2583

AmeriHealth HMO	
<i>Care is coordinated by your PCP.</i>	
Referred Care	
Receiving Care	<p>▶ Visit your selected AmeriHealth Primary Care Physician (PCP) to provide care or refer you to a specialist for care</p>
Costs	<p>▶ Copayments when care is provided by your AmeriHealth PCP or a referred specialist</p>
Ease of Use	<p>▶ With AmeriHealth HMO, you never need to fill out a claim form</p>
<i>Everything you always wanted in an HMO.</i>	

You can count on *AmeriHealth.*

Committed to Delaware.

At AmeriHealth, we are focused on our members' needs. With nearly 20 years as a local insurer, AmeriHealth provides Delaware members with a variety of programs designed to keep you in the best of health. Our goal is to give you the information and tools you need to take an active role in your health care decisions.

To Serve You Better.

We offer a full range of innovative services designed specifically to meet your health care needs and improve your overall quality of life. As an AmeriHealth member, you can take advantage of our expansive provider network, award-winning wellness programs and convenient online resources and services.

For Years to Come.

Whether it's helping you live healthy or being there when you need care, we are there for you every step of the way. AmeriHealth is the one health plan that you and your family can always count on.



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AmeriHealth *HMO*

For more information about AmeriHealth HMO, call:

1-800-444-6282 or

Visit our web site at www.amerihealth.com



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