

# AmeriHealth HMO

Get it on the net

amerihealth  
.com

Online resources



Knowledge. Choice.

*Independence.*



*You Deserve It.<sup>SM</sup>*



**AmeriHealth.**

# AmeriHealth HMO—

## Take charge of your own *health care.*



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?

### *Discover the Healthy You! Programs for Your Well Being.*

We know maintaining your good health is hard work. That's why we provide you with the resources to help keep you and your family healthy. These programs come in all shapes and sizes to suit your diverse needs.

#### **AmeriHealth HMO gives you:**

- **Comprehensive benefits**
- **Reimbursements on fitness club fees, weight loss programs, bike helmets and more**
- **Direct Access OB/GYN<sup>SM</sup>**
- **24/7 access to a Health Coach**

- **Live Healthy**—Sometimes we all need a little extra help when making important lifestyle changes. Whether you want to join a gym, quit smoking, lose some weight or receive a reminder about important health screenings, our innovative AmeriHealth Healthy Lifestyles<sup>SM</sup> Programs can give you the support and incentives you need.
- **Stay Healthy**—We all want to live the healthiest lives possible. If you have a chronic or unexpected health condition, living life to its fullest can be a challenge. Our Connections<sup>SM</sup> Health Management Programs will provide the information, guidance and encouragement that can make a difference in the quality of life of our members.

For more information on these valuable programs, please refer to the AmeriHealth Healthy Lifestyles brochure in this folder, or log onto [amerihealth.com](http://amerihealth.com)





## Manage Your Benefits

# *when you want, where you want*

With AmeriHealth, you have access to your benefits 24 hours a day seven days a week. With [amerihealthexpress.com](http://amerihealthexpress.com) you can:

- Review your benefits
- Print referrals
- Change your Primary Care Physician (PCP)
- Find and compare network providers
- Review quality data and patient safety information for network providers
- Check on claims
- Access an encyclopedia of health information
- Contact a Health Coach

*Care is*  
never out-of-reach.



What's unique about AmeriHealth is that you have the advantage of selecting a Primary Care Physician from one of the largest HMO networks in the region. AmeriHealth's provider network includes nearly 48,000 physicians and specialists and more than 230 hospitals.

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

- Specialist care
- Hospitalization
- Maternity or newborn care

*Coverage that goes with you.*

- Coverage for emergency care anytime, anywhere
- Guest Advantage<sup>SM</sup> program for students and travelers

## AmeriHealth HMO — It's Easy to Use!

*Care is coordinated by your PCP.*

### Referred Care

Receiving Care



Visit your selected AmeriHealth Primary Care Physician (PCP) to provide care or refer you to a specialist for care

Costs



Copayments for doctors office visits

Ease of Use



With AmeriHealth, you never need to fill out a claim form

*Everything you always wanted in an HMO.*



**AmeriHealth.**

Need help selecting a doctor?

- Access our provider directory

online at [amerihealth.com](http://amerihealth.com)



- Call our Health Resource Center

at 1-800-275-2583



## You can count on *AmeriHealth.*

### *We're Doing More.*

At AmeriHealth, we believe that knowledge, choice and independence are the cornerstones of your good health. That's why our goal is to give you the information, tools and freedom you need to take an active role in your health care decisions.

### *To Serve You Better.*

We offer a full range of innovative programs and 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 award-winning wellness programs, convenient online resources and services and one of the region's largest networks of doctors and hospitals.

### *For Years to Come.*

AmeriHealth's programs and services have been recognized for excellence by both local and national organizations. As for us, we measure the quality of our programs in terms of your good health. At home or away, whether it's helping you stay healthy or being there when you need to access care, we are there for you every step of the way.



# *AmeriHealth HMO*

*For more information about AmeriHealth, call:*

Any weekday from 8:00 am to 5:00 pm

1-866-681-7372

Visit our web site at **[www.amerihealth.com](http://www.amerihealth.com)**

*You Deserve It<sup>SM</sup>!*



**AmeriHealth.**

AmeriHealth HMO, Inc.

**[www.amerihealth.com](http://www.amerihealth.com)**

AmeriHealth HMO benefits are underwritten or administered by AmeriHealth HMO, Inc.