

**AmeriHealth**  
Healthy Lifestyles<sup>SM</sup>



# Provider Tools

for Member Education



## AmeriHealth Healthy Lifestyles<sup>SM</sup>

**Goal:** Educate members on the value-added benefits available through the AmeriHealth Healthy Lifestyles<sup>SM</sup> Programs, including incentives for lifestyle changes and reminder programs.

**Program Content:**

- Educational information
- Screening recommendations, tests and immunization reminders
- Incentives for lifestyle changes

**Reimbursement Programs:**

- Fitness
- Smoking Cessation
- Healthy Weight, Healthy You
- First Aid and Safety

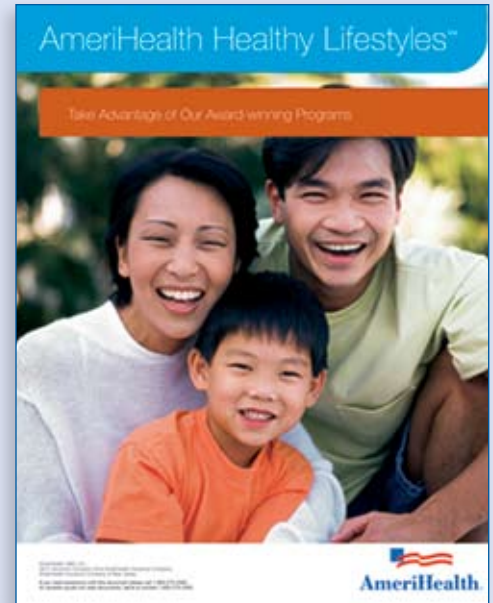
**Discounted Programs:**

- CorCell<sup>®</sup> Saving Baby's Cord Blood<sup>®</sup>
- Stress Management and Better Sleep

**Other Programs:**

- Adoption Education
- Stress Management and Better Sleep
- Men's Health
- Women's Health

Members can view complete descriptions of all AmeriHealth Healthy Lifestyles<sup>SM</sup> Programs and eligibility requirements at [www.amerihelthexpress.com](http://www.amerihelthexpress.com)† or [www.amerihhealth.com](http://www.amerihhealth.com)



## Personal Health Profile

**Goal:** An interactive tool designed to help members develop ways to improve their personal health goals.

**Lifestyle Questionnaire:**

After completing a fifteen-minute lifestyle questionnaire members:

- Receive a customized report identifying possible health risks
- Receive recommendations for lifestyle improvements
- Learn how our AmeriHealth Healthy Lifestyles<sup>SM</sup> Programs can help them achieve their personal health goals.

**Profile Topics:**

- Nutrition
- Stress and well-being
- Check-ups
- General health habits
- Cardiovascular health

**Completing a Personal Health Profile:**

- Members can complete a Personal Health Profile by visiting our Web site or calling the Health Resource Center at **1-800-275-2583** for additional information

Members can complete a Personal Health Profile at [www.amerihhealth.com](http://www.amerihhealth.com) or [www.amerihelthexpress.com](http://www.amerihelthexpress.com)†



# Healthy Weight, Healthy You

**Goal:** Provide members and their families with information on various tools to achieve and maintain their ideal weight.

**Self-directed Program Options:**

- Weight management for children 2-17 and adults 18 and older
- One-on-one counseling with a Registered Dietician
- Health Assessment
  - Understanding overweight and obesity
  - Body Mass Index (BMI)
  - Personal Health Profile
- Support Programs
  - (1) Group Support
    - Weight Watchers®
    - In-network hospital weight management programs
    - HIP Kids: A 12-week program offered to children 8 and older at selected YMCA locations
  - (2) Individual Support
    - Personal Health Coach
    - Nutrition specialists
    - Max's Magical Delivery: Fit for Kids Free DVD
  - (3) Informational Support
    - Links to a list of health-related Web sites
    - On-line member wellness tools
- Incentives
  - Fitness reimbursement - up to \$150 with 120 completed workouts within 365 days
  - Nutrition counseling - up to 25% discount on services
  - Weight Watchers® reimbursement - up to \$200 towards cost of program
  - Approved weight management programs - up to \$200 towards cost of program

Weight Watchers® is a registered trademark of Weight Watchers International, Inc.



Members can view a complete description of Healthy Weight, Healthy You at [www.amerithealthexpress.com](http://www.amerithealthexpress.com)<sup>†</sup> or [www.amerihealth.com](http://www.amerihealth.com)

# Member Wellness Guidelines\*

**Goal:** A booklet outlining the nationally recommended schedule of wellness visits including preventive screening services.\*

**Guideline Content:**

- Personal Health Record
- Lifetime immunization schedule helps members track and discuss their health maintenance activities with their health care providers
- Age-specific recommended screenings



Members can download Personal Health Record, Immunization Schedule, and Member Wellness Guidelines at [www.amerithealthexpress.com](http://www.amerithealthexpress.com)<sup>†</sup> or [www.amerihealth.com](http://www.amerihealth.com)

**Goal:** Helps identify and manage possible risk factors for mothers-to-be, such as pre-term delivery and other potential complications.

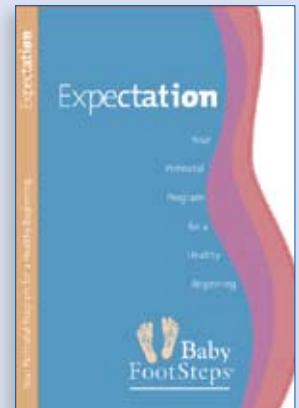
Call 1-800-598-BABY  
to enroll your  
maternity patients†

### Perinatal High-Risk Maternity Program:

- Telephonic outreach
- Assessment
- Education
- Intervention
- Case managers work with health care providers to educate and support members throughout the pregnancy continuum

### Additional information:

- Members can call **1-800-598-BABY**



## Newborn Immunization Program

**Goal:** Provide parents of nine-month old children with current national immunization recommendations.♦

### Program Content:

- Telephonic reminders
- The Centers for Disease Control and Prevention's Recommended Childhood Immunization Schedule from birth to 12 years of age♦
- Answers to frequently asked questions and concerns about pediatric vaccinations

### Provider Tool:

- Print/download a copy to discuss with your patients.



Members can  
download a copy of the  
Lifetime Immunization  
Schedule at

[www.amerihalthexpress.com](http://www.amerihalthexpress.com)†  
or [www.amerihhealth.com](http://www.amerihhealth.com)

## Pediatric Immunization Program

**Goal:** Ensure that children receive all age-appropriate recommended immunizations.♦

### Program Content:

- Mailing for parents of 18-month-old children.
- Includes all age-appropriate recommended vaccinations♦
- Addresses parents' questions and concerns about pediatric vaccinations
- Tool for parents to record the dates of their children's immunizations
- Telephonic reminders

### Provider Tool:

- Print/download a copy to discuss with your patients

Members can view or  
download copies of the  
Pediatric Immunization  
Schedule at

[www.amerihalthexpress.com](http://www.amerihalthexpress.com)†  
or [www.amerihhealth.com](http://www.amerihhealth.com)



## Adolescent Immunization Program

**Goal:** Provide parents of 11–13 year old adolescents with a summary of the Centers for Disease Control and Prevention’s Recommended Childhood Immunization Schedule from birth to 13 years of age.♦

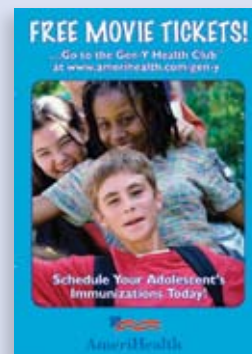
### Program Content:

- Annual mailing to parents; includes a list of nationally recognized health education resources along with their Web sites, addresses, and telephone numbers
- Directs families and their children to our Web site for adolescents Gen-Y Health Club<sup>SM</sup>
- Encourages adolescents to learn how to make healthy choices and become more physically active
- Revised Gen-Y Health Club site includes health information and games designed to hold the interests of adolescents and growing teens and encourages their return to the site

### Provider Tool:

- Print/download a copy to discuss with your patients

Members can obtain information on adolescent health topics by visiting our newly designed Gen-Y site at [www.amerhealth.com/gen-y](http://www.amerhealth.com/gen-y) or [www.amerhealth.com](http://www.amerhealth.com)



## Flu and Pneumococcal Vaccination Program

**Goal:** Provides members 65 years of age and older, as well as those identified as high risk, with vaccination information regarding the importance of influenza and pneumonia prevention.

### Program Content:

- Mailed educational information
- Answers to frequently asked questions about the flu vaccine
- Telephonic reminders

For national recommendations on Flu and Pneumococcal Vaccination, members can go to [www.amerhealthexpress.com](http://www.amerhealthexpress.com) or [www.amerhealth.com](http://www.amerhealth.com)



## Mammography Birthday Card Program

**Goal:** Ensure that all women 40 years of age and older receive an annual mammogram.

### Program Content:

- Annual birthday card reminder to all female managed care members  $\geq 40$  to schedule annual mammograms
- Updated recommendations for breast cancer screening from the American Cancer Society
- Reminder to schedule regular Pap tests by visiting the College of American Pathologists’ (CAP) Web site.
- Opportunity to register on the American Cancer Society’s Web site at [www.cancer.org](http://www.cancer.org) to receive or send someone they care about, a free email reminder to schedule an annual mammography screening

Members can receive additional information or sign up to receive an e-mail reminder at [www.amerhealthexpress.com](http://www.amerhealthexpress.com) or [www.amerhealth.com](http://www.amerhealth.com)



## Cervical Cancer Screening Program

**Goal:** Promotes the importance of regular pelvic examinations and Pap tests among women ages 19 and older through annual educational reminders.

### Program Content:

- The American Cancer Society's recommendations for cervical cancer screening
- Information regarding
  - Human papilloma virus (HPV)
  - Risk factors
  - Preventive measures
  - Other important health information
- Opportunity to register with CAP, to receive a free email reminder to schedule an annual Pap test at [www.myhealthtestreminder.com](http://www.myhealthtestreminder.com)

Members can receive additional information or sign up to receive an e-mail reminder at [www.amerihalthexpress.com](http://www.amerihalthexpress.com)† or [www.amerihealth.com](http://www.amerihealth.com)



## Colorectal Cancer Screening

**Goal:** Increase awareness of and compliance with colorectal cancer screening among male and female members  $\geq 50$ .

### Program Content:

- Mailed outreach encouraging dialogue between members and health care providers regarding the importance of colorectal screening
- Telephonic reminders
- Opportunity to register with CAP, to receive a free email reminder to schedule a colorectal cancer screening at [www.myhealthtestreminder.com](http://www.myhealthtestreminder.com)

For additional information, members can sign up to receive an e-mail reminder at [www.amerihalthexpress.com](http://www.amerihalthexpress.com)† or [www.amerihealth.com](http://www.amerihealth.com)



## Osteoporosis Prevention and Screening

**Goal:** Increase members' knowledge and awareness of osteoporosis prevention and screening.

### Program Content:

- Mailed educational information
- Telephonic reminders
- An **Osteoporosis Risk Assessment Test** and a **Member Safety Checklist** available on our Web site for members to discuss with their health care providers

Members can assess their risk for osteoporosis by completing a Risk Assessment Test at [www.amerihalthexpress.com](http://www.amerihalthexpress.com)† or [www.amerihealth.com](http://www.amerihealth.com)



**Goal:** Designed to assist providers and their patients to manage chronic conditions and to help patients make confident, informed decisions regarding certain medical conditions.

## Connection<sup>SM</sup> Health Management Program:

- Offers Disease Management services to patients with one or more of the following conditions:
  - Asthma
  - Diabetes
  - Coronary Artery Disease (CAD)
  - Chronic Obstructive Pulmonary Disease (COPD)
  - Congestive Heart Failure (CHF)

## Decision Support

- Identifies and supports members facing a treatment option decision, or need help with everyday health concerns

## Personal Health Coaches

- Registered Nurses, Dieticians, and Respiratory Therapists specially trained to support patients 24/7
- Provide Disease Management and Decision Support services, and general information to help patients understand their diagnosis and symptoms
- Members receive personalized calls, mailed educational information and health reminders regarding chronic conditions and other health concerns

## SMART<sup>TM</sup> Registry

- A distribution of comprehensive semi-annual clinical reports to local provider networks who provide integrated care to patients with one or more of the chronic conditions
- Contains several reports with an “at-a-glance” summary of patient care
- Follows evidence-based guidelines reported at the patient level
- Allows for easy interpretation of clinical information at the point of care
- Results in improved clinical quality and outcomes for patients
- Improves provider satisfaction ratings

## The Dialog Center

- Messaging Center – members can request information from a Health Coach
- Health Tools – Help members track their medications and symptoms
- Healthwise<sup>®</sup> Knowledgebase – an on-line encyclopedia of health topics, available in English and Spanish
- Health Crossroads<sup>®</sup> Web site – provides members with up-to-date unbiased information

## Connections<sup>SM</sup> Kidney Program:

- Focuses on improving clinical outcomes, by managing co-morbid conditions and preventing complications associated with end-stage renal disease (ESRD)

## Connections<sup>SM</sup> AccordantCare<sup>TM</sup> Program:

- Designed to improve patients’ compliance and self-management skills to support treatment plans with 16 complex conditions (e.g. Multiple Sclerosis, Parkinson’s Disease, Sickle Cell Disease, and others)

Members can view complete descriptions of the Connections<sup>SM</sup> Health Management Program and all medical conditions listed under the Decision Support, the Connections<sup>SM</sup> Kidney and the Connections<sup>SM</sup> AccordantCare<sup>TM</sup> Programs at [www.amerihalthexpress.com](http://www.amerihalthexpress.com)<sup>1</sup> or [www.amerihhealth.com](http://www.amerihhealth.com)



## Work Site Wellness/Wellness Partners®

**Goal:** Develop on-going partnerships with large employer groups focused on bringing targeted health education, screenings and wellness programs directly to the work site.

### Wellness Partner Employer Benefits:

- Health education programs
- Health screenings
- Access to an extensive video tape lending library
- Flu shots
- Smoking cessation programs
- Mobile mammography
- Collaboration with our health education team to assess and identify modifiable health risks of an employee population

### Program Content:

- Stress management
- Prevention
- Lifestyle change
- Self-care
- Nutrition
- Disease management

For an overview of our Work site Wellness programs, employers can go to [www.amerihealth.com](http://www.amerihealth.com)†



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

**For complete program descriptions and eligibility requirements, members can call the Health Resource Center at 1-800-275-2583.**

♦ Based on the Centers for Disease Control and Prevention's Recommended Childhood Immunization Schedule—United States, 2006, approved by the Advisory Committee on Immunization Practices (ACIP), the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP).

\* The Wellness Guideline recommendations have been adapted from the U.S. Preventive Services Task Force of the U.S. Public Health Department and other nationally recognized sources.

† Providers can view complete descriptions of all programs listed in this brochure by visiting our Web site at [www.amerihealth.com](http://www.amerihealth.com).

Certain restrictions may apply. Connections is not available to self-funded groups that do not purchase the program. Please refer to your benefit description/contract material for complete details of the terms, limitations, and exclusions of your health care coverage. For coverage information and questions, please contact Member Services at the number printed on your member ID card.