

Commit2WellnessSM Rewards



Commit to Wellness

AmeriHealth New Jersey Commit2Wellness programs offer you support for living a healthy life and preventing illness. From giving you incentives to make smart lifestyle choices, to providing you with individualized solutions and information for health issues that concern you, AmeriHealth New Jersey Commit2Wellness programs are designed to help you and your family stay well, prevent illness, and benefit from healthy lifestyle choices. Best of all, it's available to you at no additional cost.

How does it work?

Through AmeriHealth New Jersey Commit2Wellness Rewards, you earn Wellness Dollars for completing a variety of healthy activities, such as seeing your primary care physician (PCP) or gynecologist (GYN) or by going to the gym. As you take steps toward a healthier you, you'll work toward receiving a reward. Wellness Dollars are awarded for completing milestones in each program. Once you earn Wellness Dollars, you can redeem them for a wide selection of gift cards from hundreds of retailers.

To be eligible to redeem any of your Wellness Dollar accruals, you must complete an online Personal Health Profile (PHP) on **amerihealthexpress.com** and one other Commit2Wellness Rewards Activity. Once you complete the PHP and an additional Commit2Wellness Rewards Activity, you can start redeeming your Wellness Dollars.

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

For more information, please call the Customer Service number on your ID card.

Program	Reward
Complete a Personal Health Profile	25 Wellness Dollars
PCP or Gynecologist visit	50 Wellness Dollars
Completion of an approved Weight Loss program	100 Wellness Dollars
Completion of an approved Tobacco Cessation program	100 Wellness Dollars
Completion of two (2) Nutrition Counseling sessions	50 Wellness Dollars
Complete three (3) thirty (30) minute Fitness Sessions each week every month	100 Wellness Dollars
Completion of an approved Parenting class	50 Wellness Dollars
BMI Measurement	25 Wellness Dollars
Flu Vaccine	25 Wellness Dollars
Dental Visit	25 Wellness Dollars
Participation in a Stress Management / Meditation activity	50 Wellness Dollars