



Embrace: Rewards

Get rewarded for your healthy habits!

When you complete the activities below, you may be eligible to earn Embrace Well-being dollars, which you can redeem for e-gift cards to a variety of popular retailers.³

Ways to earn Embrace Well-being dollars:

Physical activity	\$100
NEW! Mental health and well-being	\$25
Weight management	\$25
Smoking cessation	\$25
Nutrition counseling	\$25
PCP or OB-GYN visit	\$25
Flu shot	\$25
Dental exam	\$25
Healthy numbers:	
BMI & blood pressure	\$25
Cholesterol & glucose	\$25
Preventive Screenings:	
Breast cancer	\$25
Cervical cancer	\$25
Colorectal cancer	\$25
Total eligible reward:	Log in to find out!

Log in at [amerihealthnj.com](https://www.amerihealthnj.com) to find out how many Embrace Well-being dollars you're eligible to earn⁴ and how to submit⁵ your activity.

³ Eligible members include: Active subscribers and spouses ages 18 and older in small group, large group, and public sector plans. Ineligible members include: Individual consumer market segment, dependent children, and subscribers and spouses younger than 18.

⁴ Eligible members can earn up to \$150 or \$300 Embrace Well-being dollars each program year based on their plan. The Embrace Well-being program year runs from December 1 through November 30. Members are not eligible to earn Embrace Well-being dollars for all 12 activities listed.

⁵ All Embrace Well-being activity must be submitted for review and approval before Well-being dollars are rewarded and redeemed for e-gift cards. Embrace Well-being does not permit self-reportable activity.



Embrace Well-being 2022 Wellness Program



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ATENCIÓN: Si habla español, cuenta con servicios de asistencia en idiomas disponibles de forma gratuita para usted. Llame al 1-888-879-4237 (TTY: 711).

注意：如果您讲中文，您可以得到免费的语言协助服务。请致电 1-888-968-7241。

Everyone's journey to well-being is different. Embrace yours!



Embrace Well-being is a fun and rewarding online wellness program for AmeriHealth New Jersey members. You can earn gift cards, get discounts, and take advantage of resources and support to help you on your journey to well-being.

Get started today! Log in at [amerihealthnj.com](https://www.amerihealthnj.com) and click *Health & Well-being*.



Embrace: Online tools

Stay motivated as you work toward better health. You can earn tokens and badges for all the small, healthy steps you take. The more you use Embrace Well-being online tools, the quicker you earn tokens. It's simple!

Here's how to get started:

- **Complete** your Well-being Profile.
- **Create** a personalized Action Plan.
- **Finish** programs that fit your journey.
- **Sync** your health tracking app.
- **Earn** tokens and badges.
- **Meet** your goals!



Embrace: Discounts

Take advantage of these member-exclusive discounts to help you shop smarter, get healthier, and stay active:

- **GlobalFit Gym Network 360:** Save on new gym memberships, fitness wearables, education programs, at-home fitness equipment, and more! You get exclusive pricing from some of the biggest brands in fitness. Set up an account at globalfit.com/amerihealthnj.
- **GlobalFit Anywhere app:** Get access to all kinds of workouts, such as cycling, yoga, bootcamps, and personal training. The GlobalFit Anywhere app connects you to studios, gyms, and trainers using dynamic pricing to save you the most money. Download the app today!
- **LiveWellAmeriHealthNJ.com:** Score deals on everything from cleaning supplies to nutritious foods, or find your new favorite healthy recipe. Check in with Live Well often for new coupons, articles, and recipes.
- **AmeriHealth Insider:** Take advantage of deals on national, regional, and local businesses and attractions, including amusement park tickets, merchant gift certificates, hotels, and online shopping and service discounts. **Learn more at [amerihealthnj.com/discounts](https://www.amerihealthnj.com/discounts)**



Embrace: Support

Our innovative support programs help you get the care you need, when you need it.

Health Coaching¹

Our Registered Nurse Health Coaches are available 24/7 to help you navigate your health journey and provide extra support.

Condition and Case Management^{1,2}

These programs provide additional support for members who are managing chronic conditions or a complex health situation, such as asthma, diabetes, hypertension, cancer, or stroke. Call **1-888-YOUR-AH1 (1-888-968-7241) (TTY: 711)** to learn more and get the support and guidance you need. Or, have your doctor submit a referral form at [amerihealthnj.com/physicianreferral](https://www.amerihealthnj.com/physicianreferral).

Baby FootSteps[®]

For members who are expecting, our free maternity program helps you plan for the healthiest pregnancy and delivery possible. Get information to guide you through each stage of pregnancy, plus 24/7 support from a Registered Nurse Health Coach. Sign up by calling **1-800-598-BABY (1-800-598-2229) (TTY: 711)**.

On To Better Health

Your mental health is just as important as your physical health. On To Better Health gives you access to online self-help tools and resources proven to help people feel better. To get started, log in at [amerihealthnj.com](https://www.amerihealthnj.com) and complete the SmartScreener, a short quiz that helps guide you to the best programs for you.

Find more about keeping you and your loved ones healthy at [amerihealthnj.com/healthyfamilies](https://www.amerihealthnj.com/healthyfamilies).

¹ Check your plan documents to see if you are eligible.

² Condition management is available at no cost to most members. Refer to your member materials for the terms, limitations, and exclusions of your health care coverage, or call Customer Service at the number on the back of your member ID card to find out if you are eligible.