

Commit2Wellness® Programs

The choices that you make every day play a crucial role in helping you to maintain your health and well-being both tomorrow and in the years ahead.

AmeriHealth New Jersey **Commit2Wellness** incentive programs and individualized solutions are designed to help you and your family stay well, prevent illness, and benefit from healthy lifestyle choices.

Commit2Wellness Rewards

Through AmeriHealth New Jersey Commit2Wellness (C2W) Rewards, you can earn 100 Wellness Dollars for completing the following healthy activities: an approved weight loss program, an approved tobacco cessation program, and three 30-minute fitness sessions each week, every month. Once you earn Wellness Dollars, you can redeem them for gift cards from hundreds of retailers.

To redeem Wellness Dollars, complete your online Personal Health Profile (PHP) on the member portal at **amerihealthexpress.com** and self-report the wellness activities you complete! Please note that your Wellness Points expire every year, so it's important to redeem them by the date specified on your account.



Fitness Program

Regular physical activity can help reduce cholesterol and blood pressure, manage your weight, maintain bone strength and muscle tone, and even boost your mood. Complete three 30-minute sessions each week, every month, and we'll reward you 100 Wellness Dollars annually.



Healthy Weight, Healthy You

No one ever said weight loss would be easy, but support from others can make the challenges feel more manageable. Complete an approved weight loss program and we'll reward you 100 Wellness Dollars annually for program fees.



Tobacco Cessation

Quitting isn't easy, and many people try more than once before they succeed. To help you quit for good, we'll reward you 100 Wellness Dollars for completing a tobacco cessation program.