

YOUR HEALTH IS IMPORTANT TO US. INTRODUCING OUR NEW WELLNESS PROGRAM.

APEHP is proud to offer to its employers and members a new Wellness Program that not only benefits enrolled members, but also our employer groups. A Summary of this program is as follows:

Enrolled members, age 18+, can earn \$50 cash reward* for completing the following wellness actions:

- Health Assessment Questionnaire
- Annual Preventive Office Visit
- Biometric Screenings, minimum of
 - Blood Pressure
 - Body Mass Index (BMI) Screening
 - Cholesterol & Glucose Screening
- Colorectal Screening**
- Mammography Screening***
- Engagement in QualCare's Health promotion program (Disease Specific)****

*Note - CentraState (Plans "M" and "N") members will receive a \$50 cash reward for completing the Health Assessment Questionnaire and an additional \$50 upon completion of the wellness actions.

If an Employer elects to participate in the Wellness



HOW TO GET STARTED?

Employers and Employees are asked to sign the APEHP Wellness Program Enrollment form and fax or mail back to:

Fax: **732-465-7328**

Mailing address:

Affiliated Physicians & Employers Health Plan
30 Knightsbridge Road
Piscataway, NJ 08854
Attn: Operations Coordinator

Once enrolled, they will receive a Welcome letter and the Health Actions Form.

Additional information regarding Employer and Employee

Program, they will also be rewarded if their employees successfully complete the program.

- If 80% of the groups' employees (enrolled in the health plan) enroll in the wellness program, and 80% of those in the wellness program complete it within the allotted time frame, they will be eligible for a premium award of up to 1% of their paid health care fees.

A Question and Answer has been developed to help address any questions you may have. Please refer to the apehp.com website and click on Wellness Program to access the Q&A.

**All individuals over age 50 should have colorectal screening performed once every 5 years

*** All women age 40 and older should have a mammography screening performed once per year

****If member satisfies the clinical requirements (based on claim data), member will be contacted by a member of QualCare's Health Promotion team.

participation and our other wellness initiatives can be found at apehp.com or by calling 1-888-670-8135.

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