

# THE AFFILIATED PHYSICIANS AND EMPLOYERS HEALTH PLAN 2017 WELLNESS PROGRAM

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

## EMPLOYER PARTICIPATION

If an Employer elects to participate in the Wellness Program, they will also be awarded if their enrolled 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.

Example: An employer has 12 employees, 2 waived coverage, 10 employees enrolled in the health plan. In order to be eligible, 8 of those 10 enrolled employees must register for the Wellness Program. For the employer to receive their 1% reward, 7 of those 8 employees who registered must successfully complete their Health Actions form by December 31, 2017.

## EMPLOYEE PARTICIPATION

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



## HOW TO GET STARTED?

Simply 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 participation and our other wellness initiatives can be found at **[apehp.com](http://apehp.com)** or by calling **1-888-670-8135**.

- Body Mass Index (BMI) Screening
- Cholesterol & Glucose Screening
- Colorectal Screening\*\*
- Mammography Screening\*\*\*
- Engagement in QualCare's Health promotion program (Disease Specific)\*\*\*\*

\*\* 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

**Powered by QualCare, Inc.**

30 Knightsbridge Rd, Piscataway, NJ 08854

1-888-670-8135; Option: 6 | [mewasales@qualcareinc.com](mailto:mewasales@qualcareinc.com)

**Affiliated Physicians &  
Employers Health Plan**

A NJ Self-Insured MEWA