

TAKE CHARGE OF YOUR HEALTH! CHECK OUT OUR 2018 WELLNESS PROGRAM

Affiliated Physicians And Employers Health Plan is excited to offer its members a Wellness Program that rewards you for putting your health first. Below is a summary of our program and how it works:

- To be eligible, you must be an employee enrolled in the health plan and must be age 18+.
- You can earn a \$50 cash reward for completing the following Health Actions by December 31, 2018¹:
 - ✓ **On-Line Health Assessment Questionnaire**
 - ✓ **Annual Preventive Office Visit**
 - ✓ **Biometric Screenings, minimum of**
 - **Blood Pressure**
 - **Body Mass Index (BMI) Screening**
 - **Cholesterol & Glucose Screening**
 - ✓ **Colorectal Screening** ²
 - ✓ **Mammography Screening** ³

Participation in this program is strictly voluntary. To enroll, simply fill out and sign the Employee Eligibility and Participation form and fax or mail back form by March 31, 2018.

To help keep you on your way to healthy living, APEHP offers its members gym discounts and other supplemental benefits. To learn more visit our website at apehp.com.



How do you get started?

Simply sign the APEHP Wellness Program Enrollment form and fax or mail back to:

Fax: 833-639-2329

Mailing address:

Affiliated Physicians &
Employers Health Plan
P.O. Box 5487
Somerset, NJ 08875

Attn: Operations Coordinator

Once enrolled, you will receive a Welcome letter, Q&A and the Health Actions Form.

Additional information regarding Employee participation and our other wellness initiatives can be found at apehp.com or by calling **1-833-MEWANOW (833-639-2669) option 7**.

¹ The 2018 program runs from 4/1/18 through 12/31/18. Exceptions can be requested if you have already received any of your health actions between 1/1/18 and 3/31/18.

² All individuals over age 50 should have colorectal screening performed once every 5 years. If you have previously met this requirement or your physician opts you out, you can have your physician sign the form indicating the reason.

³ All women age 40 and older should have a mammography screening performed once per year.