

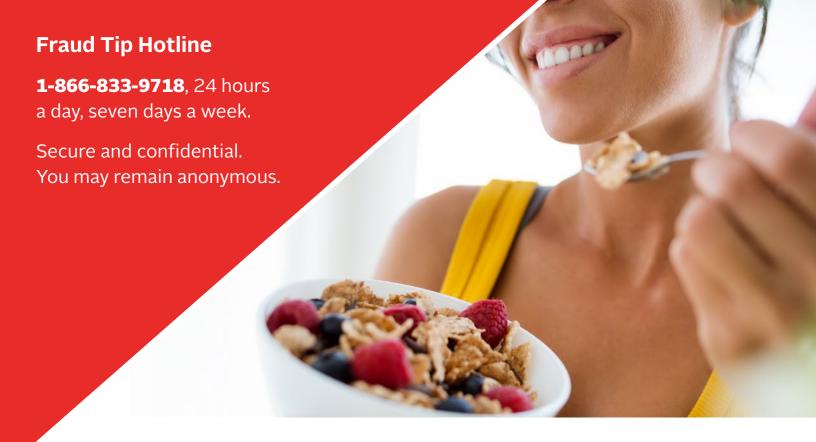
May 2019 ProviderPost

Articles in this edition

- Make Every Calorie Count.
- Wellness Resources.

AmeriHealth Caritas Delaware is on Facebook.

Search for <u>@AmeriHealthCaritasDE</u> on Facebook to find us.



Make Every Calorie Count

AmeriHealth Caritas Delaware encourages our providers to ask our members with a body mass index (BMI) over 25 to participate in our Make Every Calorie Count program.

Make Every Calorie Count is a weight management program to help our members reach a healthier weight by making small lifestyle changes. The program focuses on setting realistic goals to help our members improve their health one step at a time.

If you identify a member who has a BMI over 25, offer the Make Every Calorie Count program today.

To get started, complete a Let Us Know form and write "Make Every Calorie Count" in the Other section of the form. Fax completed forms to **1-855-806-6242**, and a member of our Rapid Response and Outreach Team will contact you.

Members who begin Make Every Calorie Count will be given a welcome kit that includes a tape measure, pedometer, and a daily food and activity log book to use as they get started.

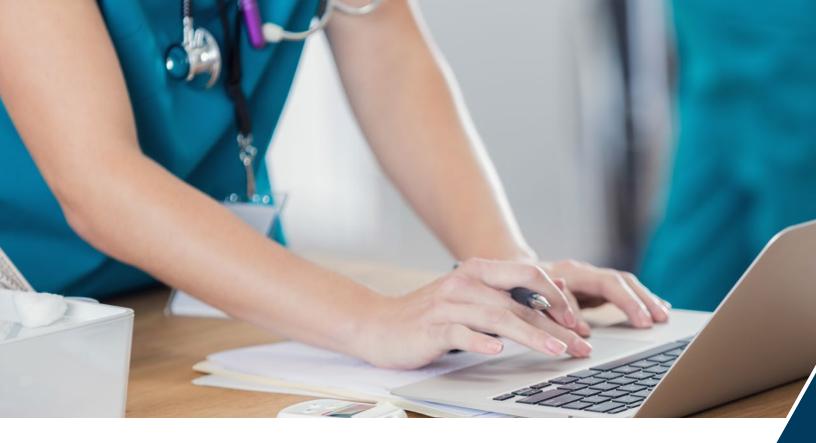
Our mission We help people:







We believe everyone should have access to quality health care and services.



Wellness Resources

AmeriHealth Caritas Delaware maintains a web-based registry of wellness, health education, disease management, and self-management programs and activities available for our members in the community, many at no cost to the individual.

Providers can now access an interactive training, **Learning the Wellness Registry**, to learn more about using the portal.

Simply follow the steps below to access the online training module.

Step 1

Visit www.amerihealthcaritasde.com.

Step 2

Select Providers.

Step 3

Select Training and Education.

Step 4

Complete the Learning the Wellness Registry Training.

Step 5

Attest that you have completed the training by selecting the Attestation Form button at the end of the training module.

Step 6

After submitting your completed attestation, your provider group will be entered to win a free lunch on us!



www.amerihealthcaritasde.com