

Commit2Wellness | New year, new you!

Improve your health and well-being



COMMIT²
WELLNESSSM

Get started by logging on to www.amerihealthexpress.com to complete your personal health profile. Once it's completed, you will receive an individualized report that includes your overall health score, along with your risk areas, and steps you can take to improve your health.

What to do next:

- **Schedule a well visit with your primary care provider (PCP).** Consider making an appointment at the start of the new year.
- **Perform a medication inventory.** Discard all expired medications and make a list of all medications you are currently taking. Include everything – prescribed, over-the-counter, and herbal remedies. Take it to your well visit – it will help the doctor identify any possible adverse drug interactions.
- **Make a list of all doctors who are currently treating you.** Also include any information you have from recent hospitalizations. This will help your doctor get a complete picture of your health and be able to best treat you and coordinate your care.
- **Know your numbers.** It's important to have your blood pressure, blood sugar, cholesterol, and body mass index (BMI) checked. These screenings also provide an opportunity for your doctor to recommend other preventive health screenings that may be appropriate for you.
- **Make a list of questions for your doctor.** Your well visit is an excellent time to discuss ways to improve your health such as making dietary changes or how to introduce or increase exercise in your daily routine.
- **Schedule an eye exam.** It is very important to schedule a periodic eye exam. If you do not have a regular eye doctor, you could ask your PCP for a referral (if required) during your well visit. A comprehensive eye exam is important to maintain good vision. For some members, such as those with diabetes or at risk for glaucoma (age 65 and up), more frequent eye exams may be necessary. You can also call Customer Service using the number on back of your AmeriHealth ID card to find a participating eye care professional.



Health insurance that pays.SM