

Self-Reporting Instructions

To participate in the AmeriHealth New Jersey Commit2Wellness Reward program members must self-report their healthy activities. Please follow these steps:

1. Log on to www.amerihealthexpress.com;
2. Under **Health & Wellness Programs** select **Commit2Wellness Rewards** in the lower right;
3. On the Welcome Page click on **Start Earning Your Wellness Points Today** to be directed to the Commit2Wellness Rewards site;
4. First time users will need to create an account on the Commit2Wellness Rewards site;
5. Once you create an account or log-in you will be directed to the Commit2Wellness homepage;
6. On the Commit2Wellness homepage you can select the activity you wish to report. Assessments contain the following activities:
 - Complete the Personal Health Profile (see special instructions below);
 - BMI Measurement;
7. **Fitness and Exercise** contain the following activities:
 - Commit2Wellness Rewards approved Fitness Program;
 - Stress Management Class;
8. Click **View More** at the bottom to report Preventive Services like Flu Shots and Dental Visits;
9. To report Fitness Activities select **Fitness and Exercise** on the Commit2Wellness homepage;
10. Then click on **Complete a Commit2Wellness Rewards approved Fitness Program**;
11. Select **Report**;
12. To report a prior month's activities, click once on the month listed in the middle of the screen. This will auto-populate the dates into the calendar;
13. In each of the week boxes, place the number of days that you engage in at least 30 minutes of exercise activity. Credit is only given for 3 or more activity sessions in a week;
14. For each week, select the **Activity Performed** and then **Submit**;
15. To report the current month's activities enter the date that corresponds to the start of each week and follow step 13 above.

Please note:

- A Personal Health Profile (PHP) must be completed and the score entered into the Commit2Wellness Rewards homepage along with one other activity in order to start accumulating points. You can complete a PHP on www.amerihealthexpress.com. Once you achieve your final score, it must be self-reported on the Commit2Wellness home page under **Assessments**.
- Points gained are generally not visible in the system until the next business day.
- To redeem points, select the **Rewards** tab at the top of the page and follow the instructions.