

Meet Your Health Plans



We're local and dedicated to supporting the health and wellbeing of you and your family. Our promise is that, "Care is the heart of our work." Our mission is to help members get care, stay well and build healthy communities.

Extra benefits at no cost to you include:

- **CARE Card**
Earn up to \$250 a year in CARE Card rewards for healthy activities. Spend your reward dollars at Walmart, Walgreens, Dollar General, Family Dollar, CVS Pharmacy and Rite Aid.*
- **Car and booster seats** for infants and children (up to \$210).*
- **Mission GED®**
Adult members receive up to \$125 toward high school equivalency exam costs.*
- **Six-month WW®** (formerly Weight Watchers®) online membership (up to \$133).*
- **Bright Start®** Access to pregnancy care, a baby shower and up to \$70 in CARE Card rewards for notifying us of your pregnancy.*
- **Enhanced vision**
\$100 credit for contact lenses.

* Restrictions and limitations may apply. Earn up to \$250 in cash and non-cash goods and services each year.



nh healthy families™

Our team lives and works in the communities we serve. We're local, so our members are our neighbors, friends and family.

Extra benefits at no cost to you include:

- **My Health Pays® Rewards Program**
Adults and children can earn up to \$250 a year just for healthy behaviors. Spend your reward dollars at Walmart® or use them to help pay your rent, utilities and more!*
- **Start Smart for Your Baby®**
Pregnant and new moms get extra care and support. Earn \$100 just for telling us you're pregnant in your first trimester!*
- **Kicks for Kids**
Ten drawings each month of \$100 Nike gift cards for youth ages 15-17 who complete their annual wellness exam.*
- **Future is Now®**
Earn up to \$150 for completing three education modules on life skills, healthcare, finances and more. For youth ages 15-17 transitioning to adulthood.*

* Restrictions and limitations may apply. Earn up to \$250 in cash and non-cash goods and services each year.



Our goal is to help families and communities find paths to better health, no matter their circumstances. As a local, nonprofit health plan, we've spent more than 25 years supporting members throughout their health journeys.

Extra benefits at no cost to you include:

- **Dollar Rewards Program**
Earn up to \$250 in cash rewards for healthy activities to buy over-the-counter items at Walmart, Dollar General, CVS and more.*
- **Get Fit! Fitness Reimbursement**
Get up to \$100 back on WW® fees (formerly Weight Watchers®), \$200 back on health club memberships or up to \$100 back on a fitness tracker.*
- **Family First Safety Benefits**
Receive car seats, booster seats and bike helmets for infants and children on the plan (up to \$100 value).*
- **Diapers and Rewards for New Moms**
Get a box of diapers and dollar rewards for your postpartum visit (up to \$60 value).*
- **Sunny Start**
Support for expecting parents throughout pregnancy.

* Restrictions and limitations may apply. Earn up to \$250 in cash and non-cash goods and services each year.

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- **Wellness and Opportunity Center**
Our Manchester-based center offers:
 - Nutrition education
 - Financial coaching
 - Job interview preparation
 - Access to Customer Service
 - Ask a Doctor/Pharmacist
 - Computer access and a food and supply pantry
 - Face-to-face care management
 - Last resort cell phones when no other option is available
- **AHC Mobile App**
Includes your ID card, provider search and tracking your medications.
- **Care Managers**
Help you understand and better manage medical and behavioral health needs. Learn about your medications and find support in your community.
- **Community Health Navigators**
Help you find essential community resources including food, housing, safety and well-being.
- **Community Outreach**
Identifies and connects you to programs and services in your community.

To learn more or to find a provider, contact **1-833-704-1177** (TTY 1-855-534-6730) or visit www.amerihealthcaritasnh.com.



- **Ready for My Recovery Program** Care Management education, backpack and dollar rewards for achieving milestones in your recovery from substance use disorder. For members 12 and older.*
- **Cigarettes, Smokeless Tobacco or Vaping Cessation Program**
Get help to quit using tobacco products or vaping. For members 12 and older.
- **Mental Health Champion Reward**
Earn up to \$50 for participating in Mental Health education, prevention, recovery, and community advocacy. For members 12 - 20.*
- **MemberConnections®**
At-home outreach to help you with your medical and social service needs.
- **Community Gateway Services**
Special events and services held throughout the state – *Green to Go!* mobile food pantry, *Healthy Hour* fruit smoothie events, Bombas® Sock give aways, Friday Food Club boxes, Foster care supports and more.
- **Self-care Kits**
Dental kit, soap, shampoo, shave accessories and more.

To learn more or to find a provider, contact **1-866-769-3085** (TDD/TTY: 1-855-742-0123) or visit www.nhhealthyfamilies.com.



- **Statewide Access to Care**
Visit a network of hospitals, doctors, specialists, pharmacies, behavioral health and substance use disorder providers across New Hampshire.
- **Help Managing Personal Health Needs**
Access to registered nurses who provide personalized health services for living with special health needs and chronic conditions.
- **Customized Texting Program**
Stay connected to your care with text message reminders about screenings, immunizations and wellness tips.
- **Nurse Advice Line**
Call and speak to a registered nurse 24 hours a day, seven days a week, with your immediate health questions.
- **Smoking Cessation Program**
Get support, resources and learn how to maintain a tobacco-free lifestyle.
- **Member Portal**
Online access to your virtual member ID card, plan information and more.

To learn more or to find a provider, contact **1-877-957-1300** (TDD/TTY: 711) or visit www.wellsense.org.