








Wellness Programs

AmeriHealth Caritas Delaware offers virtual and/or in-person Wellness Programs designed to prevent disease or injury, improve health outcomes, enhance well-being, reduce health disparities, or enhance quality of life.

Plan-Based Wellness Program	Description
 <p>AmeriHealth Caritas Delaware Community Wellness Center</p>	<p>Your patient can receive health education, participate in safety awareness events, attend cooking demonstrations, exercise classes, and more at the AmeriHealth Caritas Delaware Community Wellness Center, located at 1142 Pulaski Highway, Bear, DE 19701.</p> <p>Due to the ongoing COVID-19 pandemic, the Community Wellness Center is currently closed.</p>
 <p>Bright Start®</p>	<p>This maternity management program helps members have the healthiest pregnancy possible. Bright Start Care Coordinators can help members find a provider, schedule prenatal and postpartum visits, get food for their babies, and more.</p>
 <p>Keys To Your Care (KTYC)</p>	<p>This voluntary texting and outreach program for pregnant members will provide your patient with helpful messages every week of their pregnancy, through the first three weeks after their baby is born. Your patient will receive information and resources to help them have a safe, full-term pregnancy.</p> <p>KTYC is an incentive program which provides rewards for attending prenatal/postpartum appointments.</p>
 <p>Bright Start PlusSM Mobile App</p>	<p>Bright Start Plus is your patient's no-cost, trusted guide for all things health care. From mom and dad to kids and grandparents, help keep your patient and their entire family healthier. All on one shared app, Bright Start Plus helps your patient keep track of their family's health through reminders, tips, trackers, and more.</p>
 <p>Care Coordination</p>	<p>Connecting with AmeriHealth Caritas Delaware Care Coordination staff will help your patient in navigating their health care services and will assist them in making good choices about their health care. They will help your patient get to the right kind of services and supports in the right setting.</p>
 <p>Healthy Hoops®</p>	<p>Using basketball as a platform, this community-focused program teaches children and their families how to manage asthma and its related health conditions. Designed for children ages 3 to 18, Healthy Hoops encourages children to adopt healthy lifestyles and behaviors and take charge of their health.</p> <p>Due to the ongoing COVID-19 pandemic, no Healthy Hoops events are currently scheduled.</p>
 <p>Make Every Calorie Count</p>	<p>This weight management program can help your patient reach a healthier weight by making small lifestyle changes. Upon enrolling, your patient will receive a welcome kit that includes a tape measure, pedometer, and a daily food and activity logbook to get them started.</p>



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 Mission GED®	<p>This special program can help your patient reach their goal of earning a GED, with AmeriHealth Caritas Delaware covering testing expenses and providing your patient with a coach to work with them through their journey.</p>
 Food as Medicine	<p>This no-cost meal program provides home-delivered meals for members who meet eligibility criteria. Some members may also qualify for nutritional counseling. Eligibility criteria includes food insecurity, recent discharge from the hospital with a history of diabetes or heart failure, or high-risk pregnancy with health conditions that may be impacted by improper nutrition.</p>
 Open Gym	<p>This recurring program, in conjunction with the Delaware Blue Coats of the National Basketball Association's G League, will provide a safe and engaging place for children up to the age of 12 to play basketball on the Blue Coats' home court at the Chase Fieldhouse in Wilmington, free of charge. Participants will receive drill instruction from Blue Coats personnel, and hear from guest speakers from the team, the Philadelphia 76ers family, and Delaware's community institutions. All participants will receive an Open Gym T-shirt and tickets to a Blue Coats home game.</p>
Community-Based, Plan-Affiliated Wellness Programs	Description
 Diabetes Self-Management Program (DSMP)	<p>The DSMP is a workshop for people with, or at risk for, diabetes. It teaches the skills needed for the day-to-day management of diabetes and to maintain and/or increase activity. The small-group workshop is six weeks long, meeting once a week for two and a half hours, and led by a pair of AmeriHealth Caritas Delaware lay leaders with diabetes or with diabetes knowledge. The meetings are highly interactive, focusing on building skills, sharing experiences, and support. Information about the program can be found online at www.healthydelaware.org/Individuals/Self-Management-Programs/Diabetes.</p>
 Healthy Heart Ambassadors Blood Pressure Self-Monitoring Program	<p>Help your patients improve their hypertension control with a new evidence-based program that empowers them to manage their high blood pressure (BP) while learning ways to eat healthier and be more physically active. This four-month program includes biweekly sessions with an AmeriHealth Caritas Delaware coach, four nutritional education sessions, and three healthy cooking demonstrations. www.healthydelaware.org/Individuals/Heart/Healthy-Heart-Ambassador-Program</p>
 National Diabetes Prevention Program (NDPP)	<p>Offered locally by the YMCA of Delaware, the NDPP is a yearlong, evidence-based, lifestyle change program available at no cost to AmeriHealth Caritas Delaware members (ages 18 and older) who meet program eligibility criteria. www.ymcade.org/preventdiabetes/</p>

If you would like more information on these programs, please reach out to your AmeriHealth Caritas Delaware Account Executive. Please refer to AmeriHealth Caritas Delaware's website for the Provider Network Management Account Executives Territory Assignments. www.amerihealthcaritasde.com/provider/resources/account-executives.aspx

If you're searching for a Wellness Program not listed here, please visit our Resource Registry to find online and local, in-person health and wellness resources. <https://acde.findhelp.com/>

After using the Resource Registry, we encourage you to take the short survey located on page of the Resource Registry. This will help AmeriHealth Caritas Delaware improve these resources to better meet your patients' needs.