

AmeriHealth Caritas District of Columbia's

Programs at a Glance

2025

CATEGORY	PROGRAM	DESCRIPTION	MORE INFORMATION
TELEHEALTH 1	RelyMD	RelyMD is an on-demand telehealth provider . An enrollee will be connected with a provider within minutes via phone or video chat.	https://www.amerihealthcaritasdc.com/pdf/member/enrolle-relymd-postcard.pdf
URGENT CARE 2	Dispatch Health	To receive medical care at home , enrollees can book an appointment through our provider, Dispatch Health. A care team will come to them with everything needed to treat their illness or injury.	https://www.dispatchhealth.com
BEHAVIORAL TELEHEALTH 3	Headspace	Enrollees can text with a trained behavioral health coach for support with life challenges big or small, such as anxiety or trouble sleeping. All enrollees ages 13 and older can use Headspace to access hundreds of guided meditation and mindfulness exercises, or chat with an emotional support coach anytime.	https://www.amerihealthcaritasdc.com/pdf/member/enrollee-mindright-flyer.pdf
FITNESS AND NUTRITION 4	Cooking classes	AmeriHealth Caritas DC offers cooking classes at its Enrollee Wellness and Opportunity Center . A nutritionist leads a hands-on session on how to cook a healthy meal.	https://www.amerihealthcaritasdc.com/member/eng/healthy-living/wellness-center.aspx
	Produce Rx	The Produce Rx program enables eligible enrollees to “fill prescriptions” for fresh or frozen fruits and vegetables at participating Giant pharmacies . Enrollees over the age of 18 who have prediabetes, diabetes, hypertension, and patients at participating clinics are eligible for the program.	https://www.dcgreens.org/produce-rx
	Home-delivered meals	Pregnant and postpartum enrollees; enrollees who have prediabetes, diabetes, or hypertension; and enrollees who have recently left the hospital are eligible to receive healthy, home-delivered meals from Mom’s Meals .	

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4	La Clínica del Pueblo: Road to Health	Road to Health is a six-week program for Spanish-speaking enrollees to learn about losing weight and staying healthy. Classes are held at La Clínica del Pueblo and are taught in Spanish only.	
	Nutrition classes	A health educator leads monthly nutrition classes at the Enrollee Wellness and Opportunity Center. Enrollees learn skills like healthy meal planning, budgeting, making healthy food choices, and ways to increase physical activity.	https://www.amerihealthcaritasdc.com/member/eng/healthy-living/wellness-center.aspx
	Wellness Circles	Wellness Circles are community classes held in Wards 2, 4, 5, 7, and 8. A health educator teaches six classes over three months to help enrollees learn to better manage their overall health.	
	Enrollee Wellness and Opportunity Center	The Enrollee Wellness and Opportunity Center is a hub for enrollees to participate in wellness activities. The center provides fitness classes, healthy cooking classes and advice on healthy eating, résumé assistance, finance classes, walk-in help with care management, and more more.	https://www.amerihealthcaritasdc.com/member/eng/healthy-living/wellness-center.aspx
PERINATAL AND INFANT HEALTH	Baby showers	AmeriHealth Caritas DC's baby showers provide education and share important health resources to help enrollees have a safe pregnancy and a healthy baby. The program is for new or expecting moms.	
	Bright Start®	Bright Start® is AmeriHealth Caritas DC's maternity care program. Its care coordinators support pregnant and postpartum enrollees through one year after delivery. Bright Start® also helps enrollees with family planning.	https://www.amerihealthcaritasdc.com/pdf/member/O51121-member-bright-start-booklet.pdf
	Safe Sleep	The Safe Sleep program offers education to new parents about newborn sleeping safety. Classes are held monthly at the Enrollee Wellness and Opportunity Center.	
REWARDS PROGRAM	Healthy Rewards Program	Enrollees can earn rewards (gift cards) for completing certain health screenings or visits.	https://www.amerihealthcaritasdc.com/healthyrewards