



LIVING A HEALTHY LIFE WITH DIABETES

You can still live a full and active life with diabetes.
The more you know about diabetes,
the more power you have over your health.

These AmeriHealth Caritas District of Columbia (DC) programs can help you manage your diabetes and your weight, and maintain your fitness goals, at no cost to you.

For more information about these programs, please call our Community Outreach Solutions team at 202-216-2318.


AmeriHealth Caritas[™]
District of Columbia



ICON KEY

These programs all have multiple benefits that help manage or prevent diabetes. Use the icons below to find the programs that are right for you!



PREVENTION

These programs help you learn lifestyle changes that can improve your health and prevent diabetes.



NUTRITION

These programs help manage and prevent diabetes by helping you eat healthy.



FITNESS

These programs will help you get and stay fit — an important part of diabetes management.



EDUCATION

These educational programs will teach you how to build healthier habits — from cooking to fitness to medication management.



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ENROLLEE WELLNESS CENTER (EWC)

The Enrollee Wellness Center promotes a healthier community while striving to provide excellent customer service. Enrollees can attend health and fitness classes, chat with care managers, meet with a pharmacist, and improve their health literacy.

AMERIHEALTH CARITAS DC ENROLLEE WELLNESS CENTER

2027 Martin Luther King Jr. Avenue SE
Washington, DC 20020

Hours: 9 a.m. – 5 p.m.
Monday through Friday
*Open for fitness classes on Saturday from 10 a.m. – noon

To receive a full schedule of Enrollee Wellness Center programming, please contact us at **202-216-2318**.

Note: We offer virtual programming if the Enrollee Wellness Center is closed. Please call the Community Outreach Solutions team at **202-216-2318** if you have questions.

You may sign up on your own for some programs. For others, you may ask your provider or an AmeriHealth Caritas DC care coach about signing up.



WEIGHT WATCHERS



Managing your weight can help control your diabetes. The WW program offers you access to meetings, a trained meeting leader, and group support to help you meet your goals.

How it works:

- You must be at least 18 years old to join our WW program. If you are an enrollee between the ages of 13 and 17, you can join with a parent or guardian's permission.

For more information or to sign up, call our Community Outreach Solutions team at 202-216-2318.



GYM MEMBERSHIP

Exercise is a great way to lower your risk of diabetes. Getting active for just 2.5 hours a week, such as going for a brisk walk, can help maintain your weight and blood sugar.

How it works:

- Enrollees will be able to join a participating fitness center at no cost.
- If you cannot get to a fitness center, you can sign up for the home fitness program instead.
- You will also have access to www.fitnesscoach.com and a toll-free phone hotline when you have questions about the program.

To sign up for the gym membership program, call toll-free: 1-888-369-2746 (TTY/TDD 711), Monday through Friday, 8 a.m. to 9 p.m. ET, to find a fitness center near you.



HEALTHY COOKING CLASSES

AmeriHealth Caritas DC has partnered with dietitians to offer hands-on healthy cooking classes at our Enrollee Wellness Center. You'll get to cook a healthy meal and enjoy it after class!

How it works:

- A nutritionist leads a small group in a hands-on session to cook a healthy meal.
- After you cook, you'll get to enjoy the meal you just prepared.
- As part of the class, you get to keep any leftovers and take home the fresh ingredients you used in class, so you can recreate your meal at home!

Visit www.amerhealthcaritasdc.com or the Enrollee Wellness Center to see our monthly schedule.

The Enrollee Wellness Center is located at 2027 Martin Luther King Jr. Ave. SE.



NUTRITION CLASSES

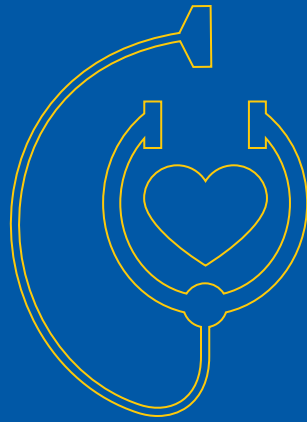
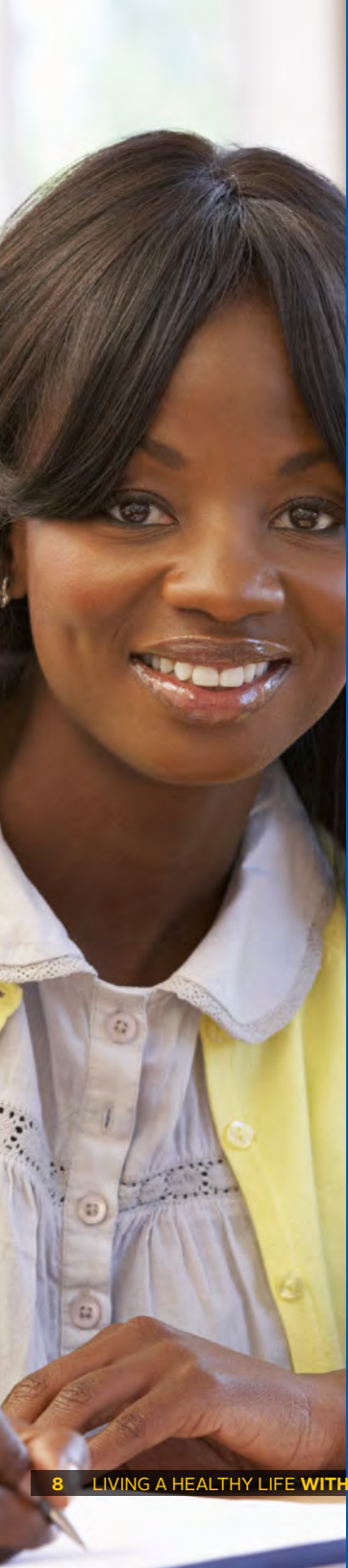
We offer free monthly nutrition classes at our Enrollee Wellness Center that can help you make changes to your diet and manage your weight.

How it works:

- A health educator facilitates this monthly class to help you with meal planning and budgeting for healthy food shopping.
- Skills taught include food shopping budgeting, meal planning, making healthy food choices, and ways to increase physical activity.

Visit www.amerhealthcaritasdc.com or the Enrollee Wellness Center to see our monthly schedule.

The Enrollee Wellness Center is located at 2027 Martin Luther King Jr. Ave. SE.



HOWARD UNIVERSITY DIABETES TREATMENT CENTER

The Diabetes Treatment Center at Howard University Hospital provides free diabetes classes and an online diabetes prevention class.

How it works:

- If you have diabetes, you have the option to take two types of classes at Howard University Hospital.
- One-hour diabetes and nutrition classes are held Mondays – Thursdays.
- Group diabetes education classes are held the third week of every month, Tuesday – Thursday.
- Classes focus on healthy eating, weight-loss tips, and diabetes education.
- If you have pre-diabetes, you can take an online diabetes prevention class to help manage your weight and nutrition.

Ask your provider or an AmeriHealth Caritas DC care coach about signing up.

LA CLÍNICA DEL PUEBLO CLASSES



“TOMANDO CONTROL DE TU SALUD”

(Taking Control of Your Health)

These classes help you manage your weight and nutrition.

How it works:

- Classes are six weeks long.
- Topics include fitness, goal-setting, healthy eating, and medication management.



ROAD TO HEALTH

This six-week program is for Spanish-speaking enrollees to learn about losing weight and staying healthy.

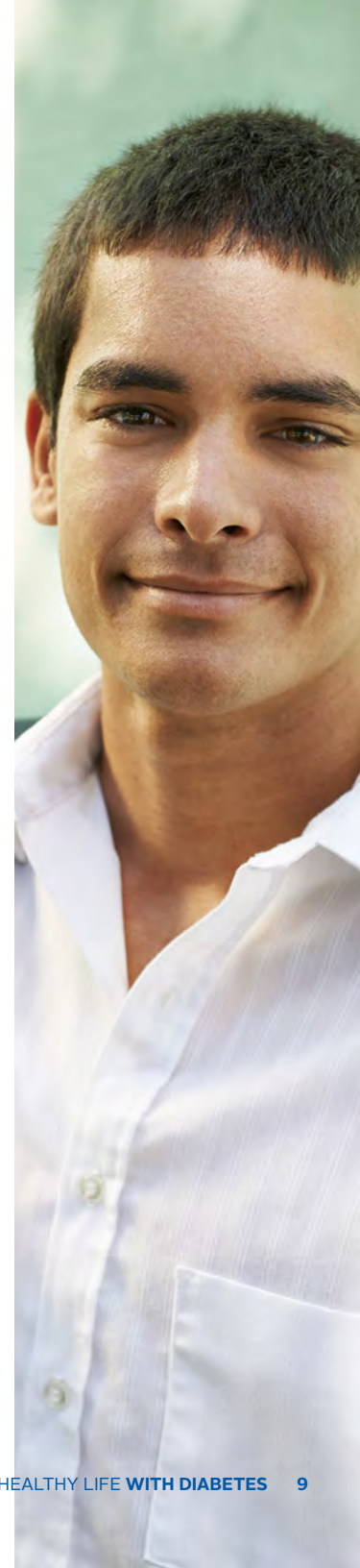
How it works:

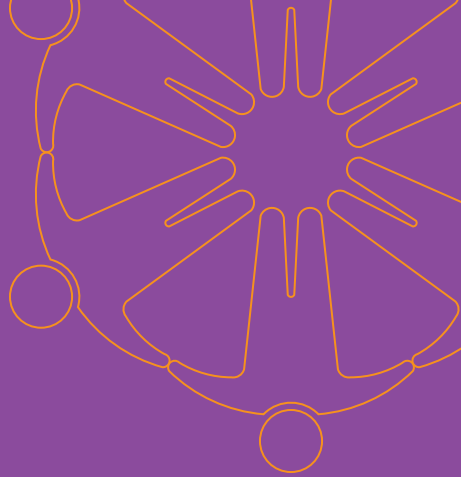
- You'll work with health educators to learn about healthier habits.
- Class topics include healthy eating, exercise, and weight-loss tips.

These classes are in Spanish ONLY.

Visit www.amerhealthcaritasdc.com
or the Enrollee Wellness Center to
see our monthly schedule.

The Enrollee Wellness Center is located at
2027 Martin Luther King Jr. Ave. SE.





WELLNESS CIRCLES

Don't run around in circles trying to manage your diabetes and hypertension (high blood pressure) alone. Our Wellness Circles can help you learn how to better manage your overall health.

How it works:

- AmeriHealth Caritas DC works with Summit Health Institute for Research and Education Inc. (SHIRE), on a community class for enrollees taking place in DC Wards 2, 4, 5, 7, and 8.
- You'll take six classes over three months with health educators and wellness experts.
- Topics include ways to lower your blood sugar, make better food choices, meal planning, exercise, and health education.

Ask your provider or an AmeriHealth Caritas DC care coach about signing up.



HOME-DELIVERED MEALS

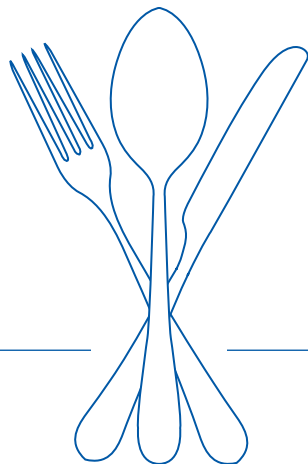
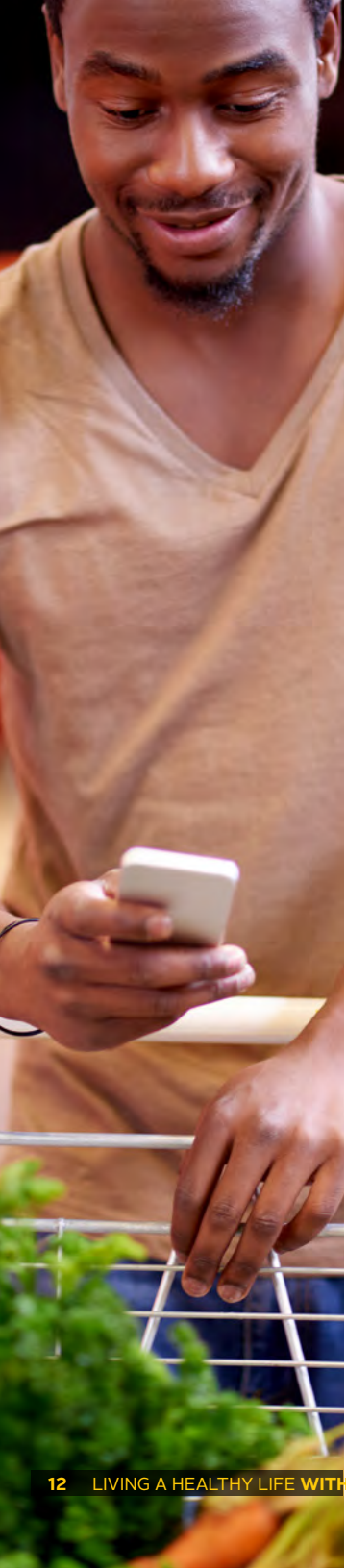
Being overweight or obese can raise your risk of diabetes. If you are overweight, losing 5% of your starting weight may prevent or delay the disease and improve your health. With our meal delivery program, you get delicious food that also promotes weight loss.

How it works:

- There are four types of meal deliveries:
 - Meal delivery for pre-diabetics and uncontrolled diabetics
 - Meal delivery for pregnant enrollees
 - Meal delivery for pregnant enrollees with diabetes and/or hypertension
 - Meal delivery for enrollees who have recently left the hospital
- While enrolled in the program, enrollees receive hands-on lessons on nutrition and healthy cooking.

Ask your provider or an AmeriHealth Caritas DC care coach about signing up.





NUTRITION WRAPAROUND PROGRAM

Our six-week nutrition program will help you cook healthier meals and provide food shopping tips.

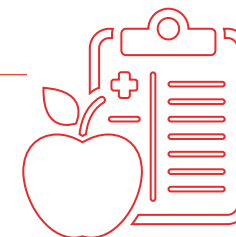
How it works:

- A registered nutritionist will provide you with:
 - Three one-on-one nutrition counseling sessions
 - An individualized meal planning session
 - A pantry review
 - Healthy shopping tips
 - A “cook at home” class with tips on portion control and setting the table for a healthy meal

Ask your provider or an AmeriHealth Caritas DC care coach about signing up.



DIETITIAN SERVICES

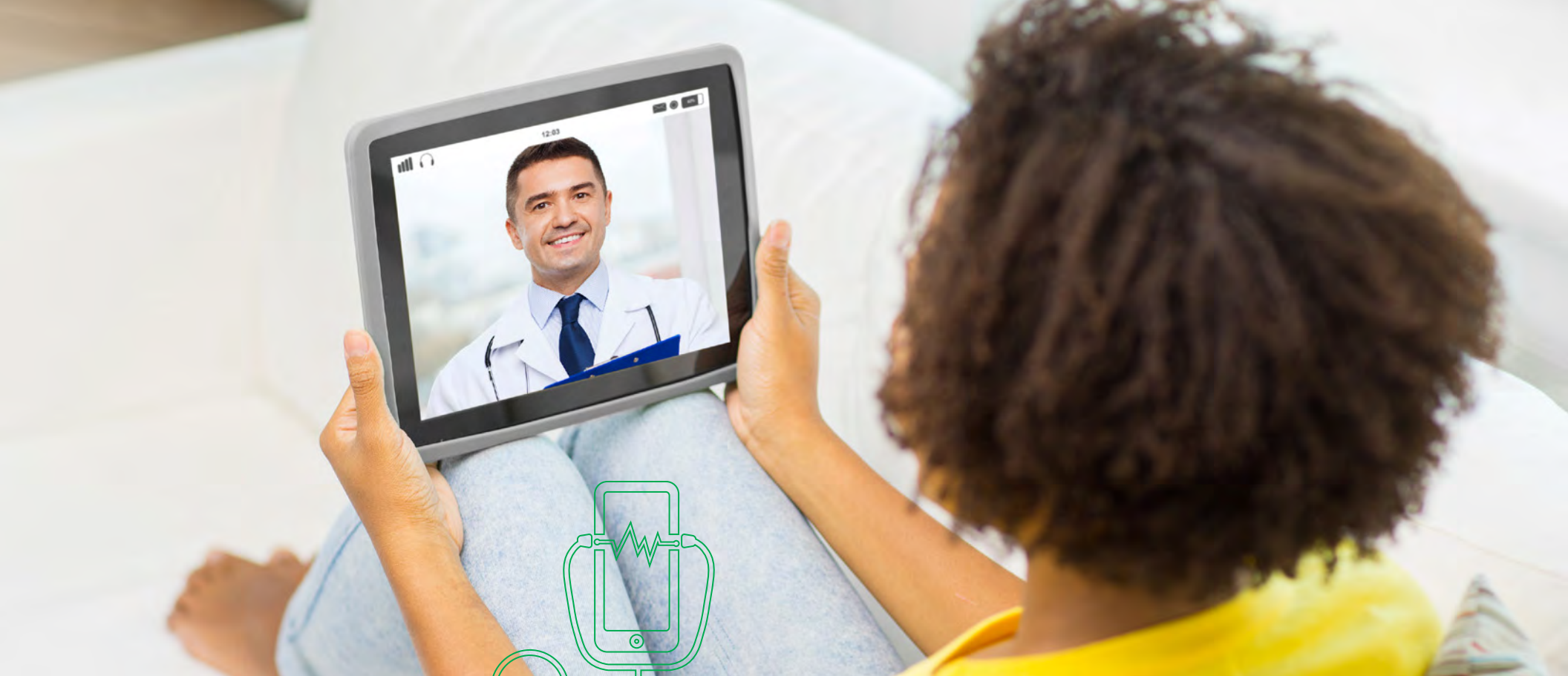


Eating right and health go hand-in-hand. In addition to our Nutrition Wraparound Program, we offer a condition-appropriate dietitian program.

How it works:

- Your provider or AmeriHealth Caritas DC care coach refers you to the program.
- You are paired with a dietitian for one-on-one sessions to help you develop a nutrition plan to manage your weight and blood sugar.
- Our dietitian works with you to help you make individualized grocery lists and meal plans that meet your health needs.

Ask your provider or an AmeriHealth Caritas DC care coach about signing up.



RelyMD

RelyMD is an AmeriHealth Caritas DC provider that offers our enrollees access to health care professionals 24/7 for urgent care.

Enrollees can access RelyMD three ways:

1. Use your RelyMD app on your mobile device.*
2. Call RelyMD at **1-855-879-4332**.
3. Visit **www.relymd.com**.

**Message and data rates may apply based on any agreements you have with your network service provider.*



How it works:

- You can access RelyMD's network of providers by phone, video, or mobile app. Please see the reverse side of this postcard for more information.
- A provider will review the medical history you provide and contact you within minutes. The current average callback wait time is around 30 minutes or less.
- A provider will listen to you to address your issue.

Please visit www.relymd.com for details.

Questions?

Contact the AmeriHealth Caritas DC Community Outreach Solutions team at 202-216-2318 for more information or to sign up for AmeriHealth Caritas DC enrollee programs.

You can also visit us in person. Stop by our Enrollee Wellness Center at 2027 Martin Luther King Jr. Avenue SE, Washington, DC 20020.

Connect with us on:

Instagram @amerihealthcaritasdc
Facebook @amerihealthcaritasdc
Twitter @AmCaritas

AmeriHealth Caritas District of Columbia complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

English

If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

Español

Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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Tiếng Việt

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

繁體中文

如果您不會講或讀英文，請致電 **1-800-408-7511 (TTY 1-800-570-1190)**，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

한국어

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 **1-800-408-7511 (TTY 1-800-570-1190)**번으로 전화하십시오. 직원이 도와드릴 것입니다.

Français:

Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-800-408-7511 (TTY 1-800-570-1190)**, disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

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www.amerihealthcaritasdc.com
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