

AmeriHealth Caritas District of Columbia's

# Programs at a Glance

2023

CATEGORY	PROGRAM	DESCRIPTION	MORE INFORMATION
<b>TELEHEALTH</b> 1	<b>RelyMD</b>	RelyMD is an <b>on-demand telehealth provider</b> . An enrollee will be connected with a provider within minutes via phone or video chat.	<a href="https://www.amerihealthcaritasdc.com/pdf/member/enrolle-relymd-postcard.pdf">https://www.amerihealthcaritasdc.com/pdf/member/enrolle-relymd-postcard.pdf</a>
<b>BEHAVIORAL TELEHEALTH</b> 2	<b>Headspace Care and MindRight</b>	Enrollees can text <b>with a trained behavioral health coach for support</b> with life challenges big or small, such as anxiety or trouble sleeping. Headspace Care is for enrollees 21 years and older, and MindRight is for enrollees 20 years and younger.	<a href="https://www.amerihealthcaritasdc.com/pdf/member/enrollee-mindright-flyer.pdf">https://www.amerihealthcaritasdc.com/pdf/member/enrollee-mindright-flyer.pdf</a>
<b>FITNESS AND NUTRITION</b> 3	<b>The Active&amp;Fit® Program</b>	The Active&Fit® Program <b>enables enrollees to stay active wherever they like to workout</b> . Enrollees get access to daily virtual workout classes, online videos for all fitness levels, and membership at a participating fitness center.	<a href="https://www.amerihealthcaritasdc.com/pdf/member/O10521-member-active-and-fit.pdf">https://www.amerihealthcaritasdc.com/pdf/member/O10521-member-active-and-fit.pdf</a>
	<b>Cooking classes</b>	AmeriHealth Caritas DC <b>offers cooking classes at its Enrollee Wellness and Opportunity Center</b> . A nutritionist leads a hands-on session on how to cook a healthy meal.	<a href="https://www.amerihealthcaritasdc.com/member/eng/healthy-living/wellness-center.aspx">https://www.amerihealthcaritasdc.com/member/eng/healthy-living/wellness-center.aspx</a>
	<b>Produce Rx</b>	The Produce Rx program <b>enables eligible enrollees to “fill prescriptions” for fresh or frozen fruits and vegetables at participating Giant pharmacies</b> . Enrollees over the age of 18 who have prediabetes, diabetes, hypertension, and patients at participating clinics are eligible for the program.	<a href="https://www.dcgreens.org/produce-rx">https://www.dcgreens.org/produce-rx</a>
	<b>Home-delivered meals</b>	Pregnant and postpartum enrollees; enrollees who have prediabetes, diabetes, or hypertension; and enrollees who have recently left the hospital are <b>eligible to receive healthy, home-delivered meals from Mom’s Meals</b> .	

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<b>3</b>	<b>La Clínica del Pueblo: Road to Health</b>	Road to Health is a <b>six-week program for Spanish-speaking enrollees to learn about losing weight and staying healthy</b> . Classes are held at La Clínica del Pueblo and are taught in Spanish only.	
	<b>Nutrition classes</b>	<b>A health educator leads monthly nutrition classes at the Enrollee Wellness and Opportunity Center.</b> Enrollees learn skills like healthy meal planning, budgeting, making healthy food choices, and ways to increase physical activity.	<a href="https://www.amerihealthcaritasdc.com/member/eng/healthy-living/wellness-center.aspx">https://www.amerihealthcaritasdc.com/member/eng/healthy-living/wellness-center.aspx</a>
	<b>Wellness Circles</b>	Wellness Circles are community classes held in Wards 2, 4, 5, 7, and 8. <b>A health educator teaches six classes over three months to help enrollees learn to better manage their overall health.</b>	
	<b>Enrollee Wellness and Opportunity Center</b>	The Enrollee Wellness and Opportunity Center is a <b>hub for enrollees to participate in wellness activities</b> . 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.	<a href="https://www.amerihealthcaritasdc.com/member/eng/healthy-living/wellness-center.aspx">https://www.amerihealthcaritasdc.com/member/eng/healthy-living/wellness-center.aspx</a>
<b>PERINATAL AND INFANT HEALTH</b>	<b>Baby showers</b>	AmeriHealth Caritas DC's baby showers <b>provide education and share important health resources to help enrollees have a safe pregnancy and a healthy baby</b> . The program is for new or expecting moms.	
	<b>Bright Start®</b>	Bright Start® is AmeriHealth Caritas DC's <b>maternity care program</b> . Its care coordinators support pregnant and postpartum enrollees through one year after delivery. Bright Start® also helps enrollees with family planning.	<a href="https://www.amerihealthcaritasdc.com/pdf/member/O51121-member-bright-start-booklet.pdf">https://www.amerihealthcaritasdc.com/pdf/member/O51121-member-bright-start-booklet.pdf</a>
	<b>Safe Sleep</b>	The Safe Sleep program <b>offers education to new parents about newborn sleeping safety</b> . Classes are held monthly at the Enrollee Wellness and Opportunity Center.	
<b>REWARDS PROGRAM</b>	<b>CARE Card Rewards Program</b>	Enrollees can <b>receive funds on their CARE Card</b> for completing certain health screenings or visits.	<a href="https://www.amerihealthcaritasdc.com/member/eng/care-card.aspx">https://www.amerihealthcaritasdc.com/member/eng/care-card.aspx</a>