Extra Benefits for You

AmeriHealth Caritas
District of Columbia
AmeriHealth Caritas District of Columbia (DC) is making it easier than ever to live a healthy lifestyle and become the best version of yourself.

With extra benefits just for our members, you can get around town easier and get help achieving your fitness goals.

**Signing up is easy.**

**Take advantage of your extra benefits today.**
AmeriHealth Caritas DC members can sign up for Capital Bikeshare at no cost.

Capital Bikeshare

You know those red bikes around the District? Now you can be part of the fun. AmeriHealth Caritas DC members can sign up for Capital Bikeshare at no cost.

Use your Capital Bikeshare membership to:
• Get to work
• Run errands
• Visit family and friends
• Enjoy the outdoors

Here’s how it works:
• Get your bike key by visiting our Member Wellness Center at 2027 Martin Luther King Jr. Avenue SE
• Use your bike key to unlock a bike at any Capital Bikeshare dock station. Find the closest location to you by visiting www.capitalbikeshare.com/map.
• You have unlimited 60-minute rides every day to help you get to wherever you need to go
• When you are done, drop the bike off at the closest Capital Bikeshare station. Wait for the green light on the dock station so you know it is checked back in.

For more information or to sign up, call the Member Wellness Center at 202-408-3989.
Weight Watchers®

Have you been meaning to lose weight? If so, the Weight Watchers program can help. This program offers you access to a trained meeting leader and group support to help you meet your goals.

**Use your Weight Watchers membership to:**

- Help you lose extra weight
- Connect with others on a similar weight-loss journey
- Maintain a healthy weight once you meet your weight goal

**Here’s how it works:**

- You must be at least 18 years old to join our Weight Watchers program. If you are a member 13 – 17 years old, you can join with a parent or guardian’s permission.

- Program members will receive a set of local meeting vouchers* from AmeriHealth Caritas DC. These allow you to attend Weight Watchers meetings in your community. You must commit to attending at least three meetings every month.

- The program also provides you access to other tools for extra motivation. You can access these online or through the Weight Watchers app.

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

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*Vouchers should be valued the same as cash. They cannot be replaced if lost or stolen. Use of these vouchers may not be combined with any other offer, and they cannot be transferred. These vouchers may be used only in participating areas in the United States. Vouchers have been prepaid by AmeriHealth Caritas DC.
Gym Membership Program

Are you looking for new and fun ways to be healthy? FitnessCoach® is our new gym membership program. This program is available for AmeriHealth Caritas DC members looking to get active and learn more about healthy behaviors. The program can also help people with special needs.

Use your FitnessCoach membership to:

- Find a fitness center close to your home
- Learn about the program’s home fitness options
- Learn more about how exercise can improve your health

Here’s how it works:

- Members 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.

For more information or to sign up, call 1-888-369-2746 (TTY/TDD 711) or visit www.fitnesscoach.com.

*Talk to your primary care provider before starting or changing your exercise routine.
Sign up for your extra benefits today!

For more information on our programs, call the Community Outreach Solutions team at 202-216-2318. You can also visit us in person. Stop by our Member Wellness Center at 2027 Martin Luther King Jr. Ave. SE, Washington, DC 20020.
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.

If you need this information in English, contact Member Services by calling 202-408-4720 or 1-800-408-7511, 24 hours a day.

Si necesita esta información en español, comuníquese con Servicios al Miembro llamando al 202-408-4720 o 1-800-408-7511, las 24 horas del día.

إذا احتجت إلى هذه المعلومات باللغة العربية، يرجى الاتصال بفريق خدمة الأعضاء على الرقم 202-408-7511 أو الرقم 1-800-408-7511.

Si vous avez besoin de ces renseignements en français, veuillez contacter les Services aux membres en appelant au 202-408-4720 ou au 1-800-408-7511, 24 heures sur 24.

Se necesitan estas informaciones en Portugués, entre en contacto con los Servicios para Asociados ligando para 202-408-4720 ou 1-800-408-7511, 24 horas por día.