



communication provides continuous encouragement for me to make healthy choices regarding what I eat. Your positive reinforcement and energy in supporting me live a better healthy life is very much appreciated. I am very grateful to have such a great navigator to support me."
 – MC, Member



"The Wealth from Health program has provided me with the tools to manage my blood pressure and weight control. I have joined the gym which I received a 20% discount and now incorporate exercise into my daily routine. I make the effort to make healthier food choices each day such as eating fruits instead of a cupcake. The regular meetings with my navigator definitely helps keep me on track. Navigator is very supportive and has been a wonderful asset on my journey to better health."
 Member

weekly healthy tips are very helpful and directly encouraged me to lose ten pounds
 Member

To become a Wealth from Health member, follow these simple steps:

- ▶ Call the confidential telephone number to speak with a Navigator.
- ▶ Get your ID card to access the discounts at local vendors
- ▶ Plan your way to a healthy life style with your Navigator and start enjoying the many incentives of active membership

For more information, referrals and assistance; call the Wealth from Health Confidential Number

201.388.1290

or Contact your Navigator Directly at



▶ www.barnabashealth.org/Jersey-City-Medical-Center/Wealth-From-Health.aspx

▶ [WealthFromHealthNJ](https://www.facebook.com/WealthFromHealthNJ)

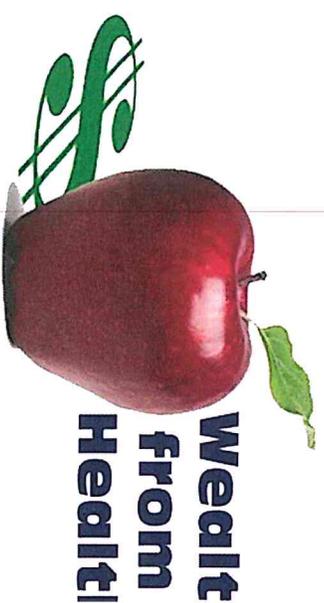
▶ [@WealthHealthNJ](https://twitter.com/WealthHealthNJ)

Jersey City Medical Center
 Barnabas Health

We belong to You.

▶ 201.915.2000 ▶ barnabashealth.org/jcmc

4781-05/16



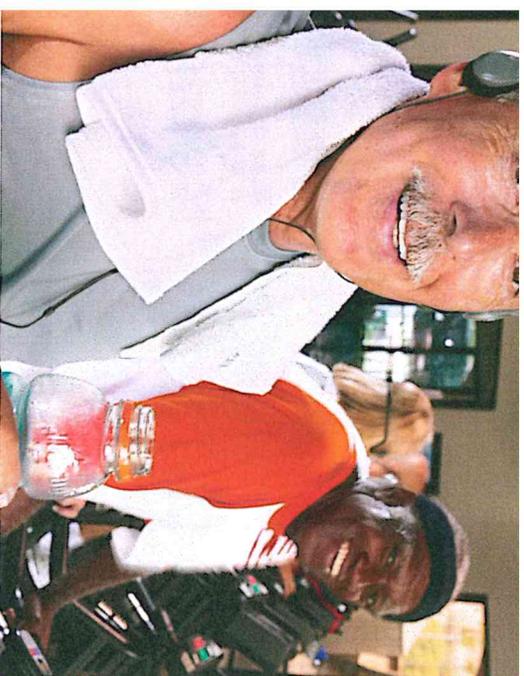
Earn Rewards for Living Healthy

Wealth from Health®

A Dedicated Wellness & Self Management Program with Tangible Rewards

Jersey City Medical Center
 Barnabas Health

We belong to You.



Control and Manage Your Health

sey City Medical Center's Wealth from Health program helps participants improve their quality of life, lower their health care costs and earn rewards for successfully managing their health. Developed to empower individuals to actively participate in their health, the Wealth from Health program is available to all community members, WMC employees and their family members at **NO COST**.

Why Wealth from Health Works

Participants earn rewards points by regularly monitoring their health. This includes regular physician's appointments, setting and accomplishing personal health related goals, attending educational sessions, health fairs and support groups, among other activities.

Rewards points can be redeemed for Incentives: cards that can be used at local businesses.

Members will receive a

Health Card from Health®

which will allow them to receive rewards at local participating vendors.



Benefits of Membership

Wealth from Health helps

participants effectively manage a range of medical issues, including but not limited to:

- ▶ Asthma (Children and Adults)
- ▶ Behavioral Health Disorders (Anxiety, Bipolar Disorder, Depression)
- ▶ Coronary Artery Disease
- ▶ Chronic Kidney Disease
- ▶ COPD/Emphysema
- ▶ Cystic Fibrosis
- ▶ Heart Failure
- ▶ Hyperlipidemia
- ▶ Lupus
- ▶ Rheumatoid Arthritis
- ▶ Post Stroke / Post Heart Attack
- ▶ Diabetes
- ▶ HIV/AIDS
- ▶ Hypertension
- ▶ Oncology
- ▶ Sickle Cell

Wealth from Health offers additional support with services that include:

- ▶ Geriatric/Elder Care
- ▶ Caregiver program – Helping the Helper™
- ▶ Getting Stronger program for Oncology patients
- ▶ Nutritional Services
- ▶ Pediatric Care & Asthma Management program (PCAM) for children ages 0 to 18
- ▶ Environmental House Calls Service
- ▶ JCMC Employees Wellness Support

Your health care team is only part of living healthier; you play the most important role. Take Control and sign up now. **It's FREE!!!**

- ▶ Education about the common symptoms; complications of their medical condition
- ▶ Assistance in scheduling doctor's appointments and encouraging safe medication management
- ▶ Continuous health informational tips
- ▶ Assisting and encouraging establishing personal health-related goals
- ▶ Empowering positive actions towards healthy habits
- ▶ Support groups and **MUCH MORE...**

Although the program offers invaluable benefits to members suffering from a medical condition, healthy individuals are also encouraged to participate! **Take Control!**

