

## Wellness center

**Summary:** Amerigroup District of Columbia, Inc. has a new wellness center introducing a member-facing space that will offer classes and health education to support members' wellness goals. It's an engaging space for fitness classes, cooking demos, disease management groups, case management support and more. It is **not** a clinical space for patient care.

### **Important updates for the wellness center opening:**

- The wellness center is now complete.
- Classes will begin in late January 2019 with a smoking cessation program hosted by Breathe DC. Please contact Jasmin Saville at 202-548-6700 or email [DCWellness@amerigroup.com](mailto:DCWellness@amerigroup.com) for further details or to refer a member.
- The wellness center's grand opening is tentatively scheduled for February 2019. More details to come when available.

### **What will the wellness center offer?**

- All Amerigroup members get free enrollment access to myStrength™. This is an app that offers safe and secure resources to help improve mood and resilience. You can refer members to <https://bh.mystrength.com/myamerigroupdc> for help with managing their mental wellness.
- Amerigroup still has a few remaining vouchers for GED testing fees. Please refer interested members to Jasmin Saville at 202-548-6700 or [jasmin.saville@amerigroup.com](mailto:jasmin.saville@amerigroup.com) as soon as possible. Vouchers expire May 2019.
- Amerigroup has partnered with Relias Learning, LLC, to offer free internet-based continuing education for our providers. We developed a customized training website to provide free mandated and professional growth training.

### **What if I need assistance?**

For more information about this communication or to register for a course, please email [jasmin.saville@amerigroup.com](mailto:jasmin.saville@amerigroup.com).

If you have any other questions, please contact your local Provider Relations representative or call our Provider Services team at 1-800-454-3730.