

AmeriHealth Caritas District of Columbia's

# Programs at a Glance

**2025**

CATEGORY	PROGRAM	DESCRIPTION	MORE INFORMATION
<b>1</b> <b>TELEHEALTH</b>	<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>Dispatch Health</b>	To <b>receive medical care at home</b> , enrollees can book an appointment through our provider, Dispatch Health. A care team will come to them with everything needed to treat their illness or injury.	<a href="https://www.amerihealthcaritasdc.com/content/dam/amerihealth-caritas/acdc/pdf/member/medicaid/dispatchhealth-home-care.pdf.coredownload.inline.pdf">https://www.amerihealthcaritasdc.com/content/dam/amerihealth-caritas/acdc/pdf/member/medicaid/dispatchhealth-home-care.pdf.coredownload.inline.pdf</a>
	<b>Headspace</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. All enrollees ages 13 and older can use Headspace to access hundreds of guided meditation and mindfulness exercises, or chat with an emotional support coach anytime.	<a href="https://www.amerihealthcaritasdc.com/pdf/member/enrollee-headspace-flyer.pdf">https://www.amerihealthcaritasdc.com/pdf/member/enrollee-headspace-flyer.pdf</a>
	<b>Cooking classes</b>	AmeriHealth Caritas DC <b>offers cooking classes</b> where a nutritionist leads a hands-on session on how to cook a healthy meal.	<a href="https://www.amerihealthcaritasdc.com/member/healthy-living/classes">https://www.amerihealthcaritasdc.com/member/healthy-living/classes</a>
<b>2</b> <b>URGENT CARE</b>	<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> .	<a href="https://www.amerihealthcaritasdc.com/member/healthy-living/programs">https://www.amerihealthcaritasdc.com/member/healthy-living/programs</a>
<b>3</b> <b>BEHAVIORAL TELEHEALTH</b>			
<b>4</b> <b>FITNESS AND NUTRITION</b>			

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FITNESS AND NUTRITION  4	La Clínica del Pueblo: Road to Health	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.	<a href="https://www.amerihealthcaritasdc.com/member/healthy-living/classes">https://www.amerihealthcaritasdc.com/member/healthy-living/classes</a>
	Nutrition classes	A health educator leads monthly nutrition classes. 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/healthy-living/classes">https://www.amerihealthcaritasdc.com/member/healthy-living/classes</a>
	Wellness Circles	Wellness Circles are community classes held in Wards 2, 4, 5, 7, and 8. A health educator teaches six classes over three months to help enrollees learn to better manage their overall health.	<a href="https://www.amerihealthcaritasdc.com/member/healthy-living/classes">https://www.amerihealthcaritasdc.com/member/healthy-living/classes</a>
PERINATAL AND INFANT HEALTH  5	Baby showers	AmeriHealth Caritas DC's baby showers provide education and share important health resources to help enrollees have a safe pregnancy and a healthy baby. The program is for new or expecting moms.	<a href="https://www.amerihealthcaritasdc.com/member/healthy-living/classes">https://www.amerihealthcaritasdc.com/member/healthy-living/classes</a>
	Bright Start®	Bright Start® is AmeriHealth Caritas DC's maternity care program. 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/content/dam/americaritas/acdc/pdf/member/member-bright-start-booklet.pdf.coredownload.inline.pdf">https://www.amerihealthcaritasdc.com/content/dam/americaritas/acdc/pdf/member/member-bright-start-booklet.pdf.coredownload.inline.pdf</a>
	Safe Sleep	The Safe Sleep program offers education to new parents about newborn sleeping safety. Classes are held monthly in English, Spanish, and Amharic.	<a href="https://www.amerihealthcaritasdc.com/member/healthy-living/classes">https://www.amerihealthcaritasdc.com/member/healthy-living/classes</a>
REWARDS PROGRAM  6	Healthy Rewards Program	Enrollees can earn rewards (gift cards) for completing certain health screenings or visits.	<a href="https://www.amerihealthcaritasdc.com/member/healthy-rewards">https://www.amerihealthcaritasdc.com/member/healthy-rewards</a>