



CHRISTIAN SCHOOLS  
INTERNATIONAL

## CSI Insurance Plan & Trust Fund

# UPDATE

**Date:** December 29, 2004

- CSI Wellness Benefits
- Log On and Live Healthier

**To:** Member Schools and Participants  
Covered for Health by Trustmark

**From:** Howard Van Mersbergen  
Executive Secretary Treasurer

### CSI Wellness Benefits

The CSI Insurance Plan assists you in not only *correcting* health problems that arise, but also in *preventing* health problems before they occur. To assist you in preventing health problems, the CSI Insurance Plan provides these tools:

- routine physical examinations
- mammograms
- well child care
- HealthWise Wellness Program
- HealthWise newsletter

Be sure to take advantage of these benefits by scheduling regular physicals and/or mammograms. Your children will benefit if you take advantage of the well child care coverage. The whole family will learn healthy habits from the HealthWise newsletter and the other elements of the HealthWise Wellness Program.

The specific benefits provided vary by the type of plan you are enrolled in. Be sure to review your Plan Book to determine the preventive care benefits available to you. If you have questions, contact us at 800-635-8288 or 616-957-1070, extension 233.

### Log On and Live Healthier

The CSI Insurance Plan has established a wellness partnership with WebMD. This partnership is especially valuable because you can obtain all of the information you need regarding health and wellness on one great web site! Use the interactive information on the web site to take control of your health and your health care.

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On WebMD's secure, confidential web site you can:

- **Learn About Your Health**
  - Get an accurate picture of the health status of everyone in your family with HealthQuotient™, a clinically based health risk assessment.
  - Get immediate, personalized feedback on specific health conditions.
  
- **Search for Health Information**
  - Access a database of health care information from a name you can trust: WebMD.
  - Research medical topics in depth.
  - Find symptom-based topics, wellness topics, health and disease topics, medical tests, health organizations, and recalls and warnings.
  
- **Improve Your Health**

Interactive programs help you:

  - Start a fitness program.
  - Plan a healthy diet.
  - Quit smoking.
  - Plan a pregnancy.
  
- **Keep Records**
  - Keep a record of health conditions, immunizations and medications for your entire family.
  - Use Child Health Manager to prepare for visits to the doctor; store medical information about medications, checkups and immunizations; keep a diary of a child's first year; find internet help on health issues common to children, and much more.
  - Track tests and measurements, such as weight or blood glucose levels.
  - Record medical data such as lab test results, diagnoses, procedures and prescriptions.
  - Accurately describe health conditions with the help of the Consumer Health Terminology Thesaurus.

Log on to [www.CSionline.org](http://www.CSionline.org) and select **Employee Benefits, United States, CSI Insurance Plan, HealthWise Wellness**. Begin by taking about 10 minutes to complete the HealthQuotient™, then explore to see how the other health resources can benefit you. It could make a difference for the rest of your life!