



CHRISTIAN SCHOOLS
INTERNATIONAL

CSI Insurance Plan & Trust Fund

UPDATE

Date: May 26, 2005

To: Member Schools and Participants
Covered by Priority Health

From: Howard Van Mersbergen
Executive Secretary-Treasurer

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Update the Health Quotient in June

As part of your school's participation in the Health by Choice program, we have reduced your premium for the current year by 1% to encourage you to participate.

Last October we told you of the four steps to take to continue to qualify for the 1% reduction for the plan year beginning September 1, 2005. Over half of our participants have completed the first of these steps and are on track to qualify for the premium reduction. You have until June 30 to finish the four steps by updating the Health Quotient you completed last fall. In addition, you have until June 30 to comply with preventive health guidelines (physicals, mammograms, etc.) and to opt into disease management programs, if applicable.

To update the Health Quotient, go to www.CSIonline.org and select Employee Benefits, United States, CSI Insurance Plan, Links, and Priority Health.

Status Checks

You can quickly and easily track and update your progress as you meet your Health by Choice program commitments. Simply access your account through the link on the CSI web site. Your commitments and timelines for completion are listed on the Health by Choice page. When you have successfully completed all of your commitments, you will be eligible to receive the reduction in premium for the September 2005 plan year.

Premium Reduction for September 2006

Health by Choice will be offered again and you will have the opportunity to qualify for a premium reduction beginning September 2006. We will send details later about the steps to complete to qualify for a reduction in your health insurance premium for the 2006/2007 plan year.

No. 526

(More)

Health by Choice is Good for You!

Health by Choice encourages and rewards you for healthy behaviors by helping you take personal responsibility for your health. It's designed to help you lead a healthier life. By participating in Health by Choice, you will show your commitment to improve your health.

We provide you with the tools and information you need to make smarter health care decisions. The benefits when you participate in Health by Choice are:

- A healthier you
- Awareness of your health risks
- Overall improvement of health care

Being an informed health consumer has never been more important. Approximately 70 percent of all chronic health conditions are preventable. You impact your health by the choices you make everyday, for example, how you manage your stress levels, if you choose to exercise, if you choose to smoke, and what you choose to eat.

Get Your Questions Answered

Priority Health is pleased to provide you with the tools and information you need to make smarter health care decisions. Contact the CSI Benefits Office at 800-635-8288 or 957-1070, ext. 233 if you have questions related to your specific commitments, timelines or premium reduction. For all other questions, contact Priority Health Customer Service representatives with a secure online message through your Health by Choice account or call 800-446-5674.