



CHRISTIAN SCHOOLS
INTERNATIONAL

CSI Insurance Plan & Trust Fund

UPDATE

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To: Member Schools and Participants
Covered for Health by Priority Health

From: Howard Van Mersbergen
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The November 30 Deadline is Approaching Quickly!

Last month we told you about the steps to take to receive a premium reduction through the new **HealthByChoice** program. November 30, the deadline for completing the HealthQuotient and setting a personal health goal, is approaching quickly. It is very important that you participate now to receive a premium reduction in the next plan year. **If you completed the HealthQuotient and other steps before November 1, you need to complete them again to qualify for the premium reduction beginning September 1, 2006.** Take a few minutes now to log in to Priority Health's web site and set up your account – instructions are on the reverse side of this Update.

Why HealthbyChoice?

HealthByChoice 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. The benefits when you participate with **HealthByChoice** are:

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

Besides improving your health, why should you participate in **HealthByChoice**? By participating, you can earn a reduction in your monthly premium rates. If you participated last year and completed the four steps, you are currently receiving a 1% reduction in your monthly health premium rate.

To qualify for the 1% reduction beginning September 1, 2006, you need to actively participate in **HealthByChoice**. There are four steps to take to participate and qualify for next year's reduction. If you participate, you will receive a 1% reduction in premium; if you do not participate, you will pay a higher premium.

Getting Started

You will need your own private, personalized account on the Priority Health web site to fulfill your **HealthByChoice** commitments. Priority Health is in the business of carefully maintaining medical records and this account will be as secure and confidential as any other medical information. This section will help you create your confidential account. Simply follow these steps:

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CREATING AN ACCOUNT

1. Go to *www.CSOnline.org*, select Employee Benefits, United States, CSI Insurance Plan, and Links. Select the link to Priority Health.
2. Click **Register Now** under the Login area
3. Under the Select User Type, click **Member**
4. Follow the step-by-step instructions (contract number, date of birth, etc.)
5. Click **Go to Your Member Center** to access your new account

COMPLETING YOUR HEALTHQUOTIENT™ ASSESSMENT

1. On your personal Member Center page, click Get Started in the **HealthByChoice** section.
2. Answer each question as accurately as possible.
3. Once complete, you will see your HealthQuotient score.

SETTING YOUR PERSONAL GOAL

1. From your HealthQuotient score page, click **Set your Personal Health Goal**.
2. Either select your health goal from the pre-determined choices or select **Other** and write in your own goal
3. Briefly describe how you will meet your goal
4. Click **Set Health Goal** to save your information.

Track and Update Your Status

After you have created your account, completed your HealthQuotient and set your personal health goal, you can easily track and update your **HealthByChoice** commitments.

- Go to *www.CSOnline.org*, select Employee Benefits, United States, CSI Insurance Plan, and Links. Select the link to Priority Health.
- Enter your username and password in the fields on the left. Click the **Login** button.
- Once you arrive at your personal **Hello “Your” Name** page, click **View Status** in the **HealthByChoice** box (click Get Started if you have not yet completed your HealthQuotient during the month of November). Then you’ll see the list of your commitments and status.**
- Click on **Update HealthQuotient** and then click on **Update Assessment**. You must page through the whole assessment to update it, but you do not need to change any answers. Be sure to update your commitments prior to November 30.
- To return to your status page, click **Member Home** in the upper corner, then **View Status** in the **HealthByChoice** box.

** When you complete or update your HealthQuotient, you will have to wait until the following Monday to see a checkmark next to it on the status page. Don’t worry, it will show the date you completed it, not Monday’s date.

IMPORTANT: To protect your personal health information, always log out of your account when finished. Simply click **logout** near the upper right corner.

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 **HealthByChoice** account or call 800-446-5674.