



CHRISTIAN SCHOOLS
INTERNATIONAL

CSI Insurance Plan & Trust Fund

UPDATE

Date: March 20, 2006

To: Member Schools and Participants
Covered by Priority Health

From: Howard Van Mersbergen
Executive Secretary-Treasurer

- Update the **HealthQuotient** in April – 1% Reduction in Premium
- Status Checks
- **HealthByChoice** is Good for You!
- Get Your Questions Answered

Update the HealthQuotient in April – 1% Reduction in Premium

In October we told you of the four steps to take to qualify for the 1% reduction in premium for the plan year beginning September 1, 2006. Participants who have completed the first of these steps are on track to qualify for the premium reduction. You have until April 30 to finish the four steps by updating the **HealthQuotient** you completed last fall. In addition, you have until April 30 to comply with preventive health guidelines (physicals, mammograms, etc.) and to opt into disease management programs, if applicable.

To update the **HealthQuotient**, 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 **HealthByChoice** program commitments. Simply access your account through the link on the CSI web site. Your commitments and timelines for completion are listed on the **HealthByChoice** page. When you have successfully completed all of your commitments, you will be eligible to receive the reduction in premium for the September 2006 plan year.

HealthByChoice is Good for You!

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. **HealthByChoice** provides you with the tools and information you need to make smarter health care decisions. The benefits when you participate in **HealthByChoice** 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

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 or 616-942-1221.

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