



CHRISTIAN SCHOOLS  
INTERNATIONAL

## CSI Insurance Plan & Trust Fund

# UPDATE

**Date:** September 21, 2006

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

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

- Welcome to Another Year of Health by Choice!
- Earn \$75 by Completing the HealthQuotient and Setting a Personal Health Goal
- Prize Drawing for Complying with Preventive Care and Disease Management
- Why?
- Timeline for Participation
- How to Login
- Contact Information for CSI

### Welcome to Another Year of Health By Choice!

Taking an active role in your health has never been more important and the HealthByChoice program helps you do that. Read on to learn about this year's program and how you can benefit from HealthByChoice

### Earn \$75 by Completing the HealthQuotient and Setting a Personal Health Goal

We are excited to announce that Priority Health has provided funds to reward participants who have health coverage through the CSI Insurance Plan, complete the online HealthQuotient, and set a personal health goal. Participants who complete these two steps by October 31 will receive a \$75 gift card from American Express.

### Prize Drawing for Complying with Preventive Care and Disease Management

In addition, we will conduct a prize drawing in September 2007 for participants who qualify for a \$75 gift card, comply with preventive care guidelines, and enroll in a disease management program (if eligible) by June 1, 2007. Prizes will consist of:

- 3 \$1,000 gift cards
- 6 \$500 gift cards
- 12 \$250 gift cards
- 24 \$100 gift cards

### Why?

Priority Health's HealthByChoice program encourages and rewards you for healthy behaviors. It's designed to help you lead a healthier life by helping you take personal responsibility for your health.

Over 50% of health care expenses are caused by lifestyle. Lack of exercise, overeating, eating the wrong foods, smoking, and risky activities all can be changed to not only make you healthier, but also to reduce health care expenses. Your health depends a great deal on what you do each day.

As more participants take these four steps and become more aware of factors that affect their health, habits and behavior can change to improve health. This improvement translates into savings for the CSI Insurance Plan. Priority Health has found that spending money on HealthByChoice saves an even greater amount on health care expenses.

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### Timeline for Participation

To qualify for the rewards, you must:

1. Complete the health quotient by October 31.
2. Set a personal health goal by October 31.
3. Comply with preventive health guidelines between May 1, 2005 and June 1, 2007.
4. Opt into any disease management program, if applicable, between May 1, 2006 and June 1, 2007.

### How to Login

#### UPDATE AND TRACK YOUR STATUS

If you have already created an account, you can easily update and track your HealthByChoice commitments.

1. Go to *www.CSOnline.org*, select Employee Benefits, United States, CSI Insurance Plan, and Links. Select the link to Priority Health.
2. Enter your username and password in the fields on the left. Click the **Login** button.
3. Once you arrive at your personal Hello “Your Name” page, click **View Status** in the HealthByChoice box. You will see the list of your commitments and status. When you complete or update your HealthQuotient, you will have to wait until the following day to see a checkmark next to it on the status page. Don’t worry, it will show the actual completion date.
4. 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.
5. To return to your status page, click **Member Home** in the upper corner, then **View Status** in the HealthByChoice box.

#### CREATE AN ACCOUNT

If you have not set up an account previously, follow these instructions:

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 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

#### COMPLETE YOUR HEALTHQUOTIENT™ ASSESSMENT

1. On your personal Member Center page, click Get Started in the HealthByChoice section. (If you get a message, “It appears that you have disabled pop-ups,” click on “click here” to ignore it.)
2. Click **Start Now**
3. Answer each question as accurately as possible. Once complete, you will see your HealthQuotient score.

#### SET 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 create your own goal
3. Briefly describe how you will meet your goal
4. Click **Set Health Goal** to save your information.

### Contact Information for CSI

If you have questions or need additional information, contact Lois by phone at 800-635-8288 or 616-957-1070 or by e-mail at LLandheer@CSOnline.org. The CSI web site also contains information on CSI benefits. Go to *www.CSOnline.org* and select the Employee Benefits tab to see the useful items available.