



CHRISTIAN SCHOOLS
INTERNATIONAL

CSI Insurance Plan & Trust Fund

UPDATE

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To: Member Schools and Participants
Covered by Trustmark

From: Howard Van Mersbergen
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Welcome to Healthy Foundations!

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

Earn \$75 by Completing the Health Risk Appraisal

We are excited to announce a reward for participants who have health coverage through the CSI Insurance Plan and complete the online Health Risk Appraisal. Participants who complete the Health Risk Appraisal by October 31 will receive a \$75 American Express gift card.

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, get a routine physical, and enroll in a disease management program (if eligible) by June 1, 2007. Prizes will consist of:

- 1 \$1,000 gift card
- 3 \$500 gift cards
- 5 \$250 gift cards
- 10 \$100 gift cards

Why?

Trustmark's Healthy Foundations 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 three 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. Trustmark has found that money spent on Healthy Foundations 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 Risk Appraisal (HRA) by October 31.
2. Have a routine physical between May 1, 2005 and June 1, 2007.
3. Opt into a disease management program before June 1, 2007, if you have diabetes, a cardiovascular disease, or respiratory disease.

How to Login

1. Go to *www.CSIonline.org*, select Employee Benefits, United States, CSI Insurance Plan, and Links. Select the link to Trustmark's Healthy Foundations.
2. Once in the Trustmark web site, click on the Healthy Foundations link.
3. Click on the **Healthy Foundations Login**.
4. New users should select **Register Here**, complete the registration, and click on **Submit Form**. Existing users should enter their User Id and Password and click on **Login**. This will bring you to the Health Center.
5. To take the Health Risk Appraisal, select **Enter** in the section labeled "Health A to Z." You will now be in the Health Dashboard.
6. Select **Take a Health Risk Appraisal** under the section labeled "I Would Like To:"
7. Read the privacy statement and select "I authorize Trustmark to receive..." so that CSI can send you the \$75 gift card when you complete the health risk appraisal.
8. Read the frequently asked questions, and select **Continue to HRA**.
9. Answer the question regarding smoking and select **Enter**.
10. Complete the Health Risk Appraisal and submit it.

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@CSIonline.org. The CSI web site also contains information on CSI benefits. Go to *www.CSIonline.org* and select the Employee Benefits tab to see the useful items available.