



CHRISTIAN SCHOOLS
INTERNATIONAL

CSI Insurance Plan & Trust Fund

UPDATE

Date: October 16, 2006

To: Member Schools and Participants
Covered for Health by Trustmark

From: Howard Van Mersbergen
Executive Secretary-Treasurer

- Complete the Health Risk Appraisal by October 31
- How to Login
- Contact Information for CSI

Complete the Health Risk Appraisal by October 31

Remember to take part in Trustmark's Healthy Foundations program by completing the online Health Risk Appraisal. Participants who complete the Health Risk Appraisal by October 31 will receive a \$75 American Express gift card in December.

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.

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