



CHRISTIAN SCHOOLS  
INTERNATIONAL

## CSI Insurance Plan & Trust Fund

# UPDATE

Date: March 29, 2007

To: Member Schools and Participants  
Covered by Priority Health

From: Howard Van Mersbergen  
Executive Secretary-Treasurer

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### **Next Steps with Health By Choice**

Taking an active role in your health has never been more important and the HealthByChoice program helps you do that. Many of you completed the Health Quotient and set a personal health goal to earn a \$75 gift card. Read on to learn how you can benefit even more from HealthByChoice.

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

We will conduct a prize drawing in September 2007 for participants who qualified 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 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.

### **Timeline for Participation**

To qualify for the rewards, you must have earned a \$75 gift card AND:

1. Comply with preventive health guidelines (have a routine physical) between May 1, 2005 and June 1, 2007.
2. Opt into a disease management program, if applicable, between May 1, 2006 and June 1, 2007.

No. 566

(More)

## **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.CSionline.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 of each.

## **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](mailto:LLandheer@CSionline.org). The CSI web site also contains information on CSI benefits. Go to [www.CSionline.org](http://www.CSionline.org) to see the useful items available.