



CHRISTIAN SCHOOLS  
INTERNATIONAL

## CSI Insurance Plan & Trust Fund

# UPDATE

Date: March 29, 2007

To: Member Schools and Participants  
Covered by Trustmark

From: Howard Van Mersbergen  
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### **Next Steps with Healthy Foundations!**

Taking an active role in your health has never been more important and Trustmark's Healthy Foundations program helps you do that. Many of you completed the Health Risk Appraisal and earned a \$75 gift card. Read on to learn about the program and how you can benefit even more from Healthy Foundations.

### **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, 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 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 have earned a \$75 gift card AND:

1. Have a routine physical between May 1, 2005 and June 1, 2007.
2. 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.CSOnline.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. Enter your User Id and Password and click on **Login**. This will bring you to the Health Center.

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