



CHRISTIAN SCHOOLS  
INTERNATIONAL

## CSI Insurance Plan & Trust Fund

# UPDATE

**Date:** August 21, 2007

**To:** Participating Boards and Participants  
Covered by Priority Health HMO 1  
Incentives Plan

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Executive Secretary-Treasurer

### Health by Choice Incentives HMO Plan

The Health by Choice Incentives HMO 1 plan offered through Priority Health encourages a healthier lifestyle in exchange for better benefits than you have now. The HMO 1 plan has two levels of benefits: a “Choice” level of benefits and a lower “Standard” level. By meeting the two requirements you will enjoy the higher Choice level of benefits.

### Get the Higher “Choice” Benefits

All participants in the HMO 1 plan will have the higher Choice level of benefits for the first 90 days of coverage. To keep the Choice level of benefits after the first 90 days, you (and spouse, if married and covered by the plan) must complete these two requirements:

1. Complete the online health risk assessment called the HealthQuotient. Go to Priority’s secure web site at [www.priorityhealth.com](http://www.priorityhealth.com) after September 1 and login to your account (or set up an account if you do not have one yet). Follow the instructions to complete the HealthQuotient.
2. Have your physician submit the qualification form and certify that
  - you are not a tobacco user
  - your blood pressure is under 140/90
  - your Body Mass Index is under 30

If you do not qualify under number 2 above, there is an alternative. You will qualify for the Choice level of benefits if you complete a fasting cholesterol test and fasting blood sugar test. You must also agree to your physician’s treatment program. If these requirements are not met within 90 days, you (and your spouse if covered) will be moved to the lower Standard level of benefits.

### Schedule Your Routine Physical Now

Many physicians schedule routine physicals for 1, 2, or even 3 months in the future. It is very important to schedule a routine physical now in order to meet the 90-day deadline. If you have had a routine physical since March 1, 2007, you may have your provider complete the qualification form without scheduling another physical.

### **The Qualification Form**

A qualification form can be obtained from the CSI web site at [www.CSIonline.org/benefits](http://www.CSIonline.org/benefits). Select US Insurance under Forms and select the qualification form. Complete Section 1 and give the form to your physician when you have your routine physical. Your physician will complete the remainder of the form and forward it to Priority Health.

### **Verify Your Status**

Be sure to verify your status on the Priority Health web site before the first 90 days is up on November 30, 2007. There is a link to Priority Health on the CSI web site or go directly to [www.priorityhealth.com](http://www.priorityhealth.com) and log in to your password-protected account. Whether you are in the Choice or Standard level of benefits is between you and your physician. CSI will not be able to switch benefit levels for you so be sure to be proactive and verify your status prior to the deadline.

### **Contacting the CSI Benefits Office**

If you have questions or need additional information, contact Lois by phone at 800-635-8288 or 616-957-1070, ext. 233 or by e-mail at [LLandheer@CSIonline.org](mailto:LLandheer@CSIonline.org).

The CSI web site contains information on CSI benefits, forms that you may need and benefit publications like plan books and Updates. Go to [www.CSIonline.org](http://www.CSIonline.org) and select Member Resources to see the useful items available.