



CHRISTIAN SCHOOLS
INTERNATIONAL

CSI Insurance Plan & Trust Fund

UPDATE

Date: September 28, 2007

To: Member Schools and Participants
Covered by Priority Health

From: Howard Van Mersbergen
Executive Secretary-Treasurer

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September Prize Drawing Winners!

Congratulations to these participants who won an American Express gift card for their participation in the Health By Choice Rewards program during the 2006/2007 plan year! CSI thanks Priority Health for providing the funds to make these prizes available. Continue reading this Update to find out how you can be a winner in 2007/2008!

\$1,000 Gift Cards

Martin Grasmeyer	Grand Rapids Christian
Lee Koets	Allendale Christian
Stephanie Smit	Holland Christian

\$500 Gift Cards

James Brinks	Unity Christian High
Colleen Campbell	Byron Center Christian
Judy DeVisser	Holland Christian
Brandon Helder	Holland Christian
Jay Laninga	Grand Rapids Christian
Joan Quist	Grand Rapids Christian

\$250 Gift Cards

Mary Berkenpas	Holland Christian
Erin De Young	Calvin Christian
Scott De Young	Calvin Christian
David Den Ouden	Allendale Christian
Keith Fennema	East Martin Chr Elem
Kara Kits	Grand Rapids Christian
Kathleen Nagelkirk	Zeeland Christian

\$250 Gift Cards (cont'd)

James Onderlinde	West Side Christian
Julie Prins	Fremont Christian
Glenda Rylaarsdam	Hudsonville Christian
Troy Stahl	Holland Christian
Judy Steenwyk	Freedom Baptist
Ann Yonker	Fremont Christian

\$100 Gift Cards

Larry Bergakker	Legacy Christian
Jack Berghoef	Holland Christian
Trudy Bulthuis	Holland Christian
David De Blecourt	Byron Center Christian
Kay Den Braber	Unity Christian High
Janice Dozeman	Holland Christian
Esther Driesenga	Grand Haven Christian
Jack Elgersma	Hudsonville Christian
Jill Ellens	Legacy Christian
Rachel Heyboer	Christian Schools Int'l
Jon Huisman	Hudsonville Christian
Bernice Jonker	Grand Rapids Christian
Patricia Knoester	Oakdale Christian

\$100 Gift Cards (cont'd)

Helen Lautenbach	Millbrook Christian
Lisa Ledeboer	East Martin Chr Elem
Judy Schaafsma	Ada Christian
Rebeka Shaarda	Allendale Christian
Scott Soodsma	Unity Christian High
Rebecca Thomas	Freedom Baptist
Julie Thrower	Unity Christian High
Henrieta Van Meekeren	Fremont Christian
Jane Vander Beek	Holland Christian
Joani Vander Stelt	Hudsonville Christian
Laura Vroon	Grand Rapids Christian
David Vruwink	Unity Christian High

Why Wellness?

Priority Health's Health By Choice Rewards program and Incentives program encourage and reward you for healthy behaviors. They are 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 four 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 wellness plans saves an even greater amount on health care expenses.

Wellness Programs for 2007/2008

HMO Health By Choice *Incentives Plan*

If you are covered by the new HMO Health By Choice *Incentives* plan, your financial incentives are built into the plan's benefit level. Your deductible, copay amounts, and coinsurance are based on your participation in the plan. You (and spouse, if covered) must complete the online Health Quotient and submit the qualification form by November 30. Instructions on completing the HealthQuotient follow in the section titled, "How to Login".

Health By Choice *Rewards Plan*

Participants who are covered by Priority Health POS, HMO 100, HMO 80, HSA, and HRA plans are eligible to participate in the Health By Choice *Rewards* program. Continue reading for details on participation.

Details on Health By Choice Rewards

Earn \$75 by Completing the HealthQuotient and Setting a Personal Health Goal

Taking an active role in your health has never been more important and the Health By Choice Rewards program helps you do that. We are excited to announce that Priority Health has again provided funds to reward participants who have health coverage through the CSI Insurance Plan, complete the online HealthQuotient, and set a personal health goal.

Participants who complete these two steps by November 30 will receive a \$75 gift card from American Express.

Prize Drawing for Complying with Preventive Care and Disease Management

In addition, we will conduct a prize drawing in September 2008 for participants covered for health who qualify for a \$75 gift card, comply with preventive care guidelines, and enroll in a disease management program (if eligible) by June 1, 2008. Prizes will consist of:

- 2 \$1,000 gift cards
- 4 \$500 gift cards
- 8 \$250 gift cards
- 16 \$100 gift cards

Timeline for Participation

To qualify for the rewards, you must:

1. Complete the health quotient by November 30.
2. Set a personal health goal by November 30.
3. Comply with preventive health guidelines between May 1, 2006, and June 1, 2008.
4. Opt into any disease management program, if applicable, between May 1, 2007, and June 1, 2008.

How to Login

HOW TO CREATE YOUR PERSONAL ONLINE ACCOUNT

You only need to create your account once.

1. Go to www.priorityhealth.com or to the link at www.CSOnline.org under Member Resources.
2. Click **Register Now**.
3. Enter data as it is requested: your contract number (from your Priority Health ID card), your date of birth, and the last four digits of your Social Security number. Answer the rest of the questions. Remember your username and password because you will need them to return to Health By Choice and complete your commitments.
4. Click **Go to Your Member Center** to get to your personal home page.

HOW TO LOGIN IF YOU ALREADY HAVE AN ONLINE ACCOUNT

1. Go to www.priorityhealth.com or to the link at www.CSOnline.org under Member Resources.
2. Enter your username and password in the appropriate fields.
3. Click the **Login** button. Your personal homepage will appear.
4. Always logout when you are finished visiting your personal online account to protect your personal health information. Simply select **Logout** in the upper right corner.

COMPLETE YOUR HEALTHQUOTIENT™ ASSESSMENT

1. On your personal home page, click **Get Started** in the HealthByChoice box.
2. In **Your Actions**, click **Update Your HealthQuotient Now**.
3. Answer each question as accurately as possible.
4. Once complete, you will see your HealthQuotient Summary, including your health risks.

SET YOUR PERSONAL HEALTH GOAL

1. On your Health By Choice Status page, click **Set Your Health Goal Now**.
2. Select a health goal from the list. You can also select **Other** to write in your own goal.
3. Briefly describe how you will meet your goal
4. Set the state of your **Progress** from the drop-down list.
5. Click **Select Goals** to save your information.
6. Click **Back to Status Page** to review the status of your commitments.

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. The CSI web site also contains information on CSI benefits. Go to www.CSOnline.org and select Member Resources to see the useful items available.