



CHRISTIAN SCHOOLS  
INTERNATIONAL

## CSI Insurance Plan & Trust Fund

# UPDATE

**Date:** November 12, 2007

**To:** Member Schools and Participants  
Covered by Priority Health

**From:** Howard Van Mersbergen  
Executive Secretary-Treasurer

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### November 30 is the Deadline!

November 30 is the deadline for completing the online health risk appraisal and qualifying for the Health By Choice incentives.

If you are covered by the new HMO Health By Choice Incentives plan, you can qualify for the Choice level of benefits by completing the health risk appraisal and having your primary care provider submit a qualification form by November 30.

Participants who are covered by Priority Health POS, HMO 100, HMO 80, HSA, and HRA plans can earn a \$75 American Express gift card by completing the health risk appraisal and setting a personal health goal by November 30.

Be sure to login to your account at [www.PriorityHealth.com](http://www.PriorityHealth.com) before November 30 to verify the status of your account and to give you ample time to follow-up on any outstanding items.

### 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.

### 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. 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.

#### Earn a \$75 Gift Card!

Participants who complete the 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](http://www.priorityhealth.com) or to the link at [www.CSIonline.org](http://www.CSIonline.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](http://www.priorityhealth.com) or to the link at [www.CSIonline.org](http://www.CSIonline.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@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) and select Member Resources to see the useful items available.