



CHRISTIAN SCHOOLS  
INTERNATIONAL

## CSI Insurance Plan & Trust Fund

# UPDATE

**Date:** August 14, 2008

**To:** Participating School Boards and  
Eligible Employees

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

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### Introducing the Ambassador Program!

Healthy living is a responsibility that we all share as Christians and is a value that is supported fully through the CSI HealthWise Wellness Program. That's why we are adding a new dimension to our wellness program and naming it the Wellness Ambassador Program. With this new program in place, you will receive some new wellness offerings and resources. Your school will also be able to link together with other schools to create synergy with programs and educational resources. It also allows us to build more camaraderie and friendly competition among CSI schools with school-wide pedometer challenges, weight management contests, and so much more!

### How Does it Work?

Our goal is to recruit one volunteer at each school building who has a passion for helping others and is dedicated to living a healthy lifestyle. This key person serves as the site's Wellness Ambassador and works in unison with our wellness partner, Priority Health, to deliver easy, effective and fun wellness programs for all CSI employees!

### Here's a Quick Preview

Here are two of the 2008-2009 offerings that will be rolled out in partnership with Priority Health and our new Wellness Ambassador Program:

- **Hold it for the Holidays:** A weight-management program that encourages individuals to simply "hold" their weight through the holiday season! Weigh-ins will be conducted before Thanksgiving and weigh-outs after the New Year.
- **Healthy Steps Pedometer Challenge:** A six-week spring walking challenge that encourages some friendly team competition and more movement throughout the day.

### **Encourage with Enthusiasm!**

So, what does it really take to be a Wellness Ambassador? Your role would be to...

- **Encourage** those around you
- Share your **enthusiasm**
- **Educate** your coworkers on wellness programs and opportunities
- Lead by **example**
- **Experience** healthy living!

It's an easy and fun way to get involved. Monthly duties would include disseminating the wellness newsletter, sharing wellness updates at staff meetings, encouraging staff to participate in programs, or sharing feedback from your coworkers on future program ideas. A Wellness Ambassador could be anyone with a passion for helping others, whether it's the school secretary, the math teacher, or the superintendent!

*Still not convinced?* You will be the first to know about all upcoming Health Wise wellness programs and opportunities. You will also receive special incentives including pad folios, pedometers and water bottles, as well as (2) invitations to attend the bi-annual receptions to be held at the Pinnacle Center in Hudsonville.

If you feel you can make a difference regarding health and wellness at your school building, volunteer as your site Wellness Ambassador by speaking with your principal. In early September we will contact each school about participating in this enhanced wellness initiative. The only requirement to participate is to have a wellness volunteer at each school building.

### **Contacting CSI**

If you have any questions concerning the Ambassador Program or about your coverage, please contact the CSI Benefits Office at 800-635-8288, extension 233. Information regarding your insurance coverage is also available on the CSI web site at [www.CSionline.org/benefits](http://www.CSionline.org/benefits).