



CHRISTIAN SCHOOLS
INTERNATIONAL

CSI Insurance Plan & Trust Fund

UPDATE

Date: October 14, 2008

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 2007/2008 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 2008/2009!

\$1,000 Gift Cards

Sharon De Jong	Ada Christian
Kristi Wolbert	Holland Christian

\$500 Gift Cards

Dale Eizenga	Holland Christian
Anthony Dykema- Vander Ark	Holland Christian
William Haverkamp	Calvin Christian
Joani Vanderstelt	Hudsonville Christian

\$250 Gift Cards

Susan Baas	Grandville Christian	Donald Huizinga	Calvin Christian
William Bird	Holland Christian	Timothy Laverell	Holland Christian
Sheryll Duthler	Hudsonville Christian	Mark Ponstine	The Potter's House
William Haagsma	Calvin Christian	Kevin Sall	Moline Christian

\$100 Gift Cards

Duane Baker	Holland Christian	Ann Sneller	Holland Christian
Steven Bouman	Zeeland Christian	Sarah Toman	Western Michigan Chr.
Laura DeJong	Hudsonville Christian	Mary Van Wingerden	Legacy Christian
Andrea DeYoung	Ada Christian	Sarah Veenstra	Calvin Christian
Melissa Frieswyk	Muskegon Christian	Glenn Vos	Holland Christian
Sandra Gardner	The Potter's House	David Wagner	New Era Christian
Karen Gorter	Holland Christian	Christina Wever	Calvin Christian
Linda Keen	Zeeland Christian	Julie Wright	Holland Christian

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 choices. 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 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, and HSA 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 2009 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, 2009. Prizes will consist of:

- 1 \$1,000 gift card
- 2 \$500 gift cards
- 6 \$250 gift cards
- 12 \$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 June 1, 2007, and June 1, 2009.
4. Opt into any disease management program, if applicable, between June 1, 2008, and June 1, 2009.

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.CSIconline.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. Your **HBC Rewards** icon is located at the top of the page.

HOW TO LOGIN IF YOU ALREADY HAVE AN ONLINE ACCOUNT

1. Go to www.priorityhealth.com or to the link at www.CSIconline.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 877-274-8796, extension 233, or 616-284-3233 or by e-mail at LLandheer@CSIconline.org. The CSI web site also contains information on CSI benefits. Go to www.CSIconline.org and select Member Resources to see the useful items available.