



CSI Insurance Plan and Trust Fund

Date: November 5, 2008

To: Participating School Boards and Eligible Employees

From: Howard Van Mersbergen, Executive Secretary-Treasurer

IN BRIEF

The Ambassador Program is Here! — This is an exciting addition to our Wellness program.

How Does it Work? — Your school’s Ambassador will give you all the details.

What is Next? — No need to diet, simply hold it for the holidays!

Who to Contact for Support. — Phone numbers and e-mail addresses to assist you.

The Ambassador Program is Here!

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 added a new dimension to our wellness program and named 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?

CSI has recruited one volunteer who has a passion for helping others and is dedicated to living a healthy lifestyle from nearly every school building. 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! Be sure to pay attention to the material and communications that your Wellness Ambassador sends you. If your school does not have a Wellness Ambassador, you can still sign up just by contacting us.

What is Next?

Here is the first challenge to be rolled out in partnership with Priority Health and our new Wellness Ambassador Program:

Hold it for the Holidays! This is 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.

Watch for more details from your school’s Wellness Ambassador. Be sure to participate and have fun!

CONTACT

Who to Contact for Support

If you have any questions concerning the Ambassador Program, please contact your school’s Wellness Ambassador or the CSI Benefits Office. Contact the CSI Benefits Office by phone at 877-274-8796, extension 233 or 616-284-3233. Contact us by e-mail at LLandheer@CSIonline.org. Information regarding your insurance coverage is also available on the CSI web site at www.CSIonline.org/benefits.