



CSI Insurance Plan and Trust Fund

Date: November 14, 2008

To: Member Schools and Participants Covered by Trustmark

From: Howard Van Mersbergen, Executive Secretary-Treasurer

IN BRIEF

November 30 is the Deadline to Earn \$75! — This is an easy and quick way to earn \$75.

Why Wellness? — Your health depends on your lifestyle choices each day.

Prize Drawing for Complying with Preventive Care and Disease Management. — Win a prize of up to \$1,000 for participating.

Timeline for Participation. — Meet these deadlines to qualify for the prize drawing.

How to Log In. — Step-by-step instructions to make it easy for you.

Who to Contact for Support. — Contact CSI if you have questions or need assistance.

November 30 is the Deadline to Earn \$75!

November 30 is the deadline for completing the online health risk appraisal to qualify for the Healthy Foundations \$75 gift card. Be sure to login to your account on Trustmark's Healthy Foundations web site and check the status of your health risk appraisal.

Why Wellness?

Trustmark's Healthy Foundations program encourages and rewards you for healthy behaviors. It's 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 three 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 and for you. Trustmark has found that money spent on Healthy Foundations saves an even greater amount on health care expenses.

Prize Drawing for Complying with Preventive Care and Disease Management

We will conduct a prize drawing in September 2009 for participants who are covered for health and qualify for a \$75 gift card, get a routine physical, and enroll in a disease management program (if eligible) by June 1, 2009. Prizes will consist of:

- 1 \$1,000 gift card
- 1 \$500 gift cards
- 4 \$250 gift cards
- 6 \$100 gift cards

Timeline for Participation

To qualify for the rewards, you must:

1. Complete the Health Risk Appraisal (HRA) by November 30, 2008.
2. Have a routine physical between May 1, 2008, and June 1, 2009.
3. Opt into a disease management program before June 1, 2009, if you have diabetes, a cardiovascular disease, or respiratory disease.

How to Login

1. Go to www.CSIconline.org/benefits and select Links. Select the link to Trustmark's Healthy Foundations under U.S. Insurance.
2. Once in the Trustmark web site, click on the Healthy Foundations link.
3. Click on the **Healthy Foundations Login**.
4. New users should select **Register Here**, complete the registration, and click on **Submit Form**. Existing users should enter their User Id and Password and click on **Login**. This will bring you to the Health Center.
5. To take the Health Risk Appraisal, select **Enter** in the section labeled "Health A to Z." You will now be in the Health Dashboard.
6. Select **Take a Health Risk Appraisal** under the section labeled "I Would Like To:"
7. Read the privacy statement and select "I authorize Trustmark to receive..." so that CSI can send you the \$75 gift card when you complete the health risk appraisal.
8. Read the frequently asked questions, and select **Continue to HRA**.
9. Answer the question regarding smoking and select **Enter**.
10. Complete the Health Risk Appraisal and submit it.

CONTACT

Who to Contact for Support

If you have any questions, please contact Lois in the CSI Benefits Office by phone at 877-274-8796, extension 233 or 616-284-3233. Contact her by e-mail at LLandheer@CSIconline.org. Information regarding your insurance coverage is available on the CSI web site at www.CSIconline.org/benefits.