



CSI Insurance Plan and Trust Fund

Date: November 14 2008

To: Member Schools and Participants Covered by Priority Health

From: Howard Van Mersbergen, Executive Secretary-Treasurer

IN BRIEF

November 30 is the Deadline! — This is an easy and quick way to earn a reward for participating.

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

HMO Health by Choice Incentives Plan. — Pay lower fees for health care by participating.

Health by Choice Rewards Plan. — Can you use \$75? Earn it by participating!

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!

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, and HSA 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 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 and for you. 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 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 cards
- 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.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. 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.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 (For Health By Choice Rewards Participants)

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

Who to Contact for Support

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