



## CSI Insurance Plan and Trust Fund

Date: May 18, 2009

To: School Boards and Participants Covered by Priority Health

From: Howard Van Mersbergen Executive Secretary-Treasurer



- Results of the Healthy Steps Challenge** — Wow! That’s a lot of steps!
- Prizes for the Most Steps**— Teams that went the extra mile
- Prizes for Timely Reporting** — Six teams receive Subway gift cards
- Overall Participation Prize Drawing** — One school wins a lunch for highest participation
- Thank You to Wellness Ambassadors** —We appreciate your extra effort!
- Thank You to Priority Health Staff** —Good job keeping track of the CSI teams
- Wellness and the Priority Health Partnership** — Wellness creates a win-win program
- Who to Contact** — Contact CSI if you have questions or need assistance

### Results of the Healthy Steps Challenge

Congratulations to everyone who participated in the Healthy Steps Challenge! Nearly 900 of you joined a team and walked towards better health, and in the process logged over 421,800,000 steps!

The CSI Insurance Plan’s Wellness features like Hold it for the Holidays, the Healthy Steps Challenge, and the monthly HealthWise newsletter are designed to be fun ways to focus on healthy lifestyles. A healthier lifestyle can improve your health so keep walking and exercising!

### Prizes for the Most Steps

These three teams logged the most steps:

- |                        |   |  |
|------------------------|---|--|
| 1 <sup>st</sup> Place: | Steppin’ Up with 4,098,329 steps!<br>Holland Christian High School      | Each team member will receive a \$50 American Express gift card. |
| 2 <sup>nd</sup> Place: | Joanie & the Jets with 3,833,456 steps!<br>Hudsonville Christian School | Each team member will receive a \$25 American Express gift card. |
| 3 <sup>rd</sup> Place: | Dream Team with 3,568,542 steps!<br>Unity Christian High School         | Each team member will receive a \$25 American Express gift card. |

### Prizes for Timely Reporting

Teams who successfully completed all six weeks of the challenge and turned their steps in on time were entered into a drawing. Six teams were randomly drawn and each team member will receive a \$5 Subway gift card. The winning teams are:

- Todd and the Hoddies – Grand Rapids Christian Administration
- Jam1 – Oakdale Christian School
- The Shin Splints – Grand Rapids Christian High School
- Golden Oldies – Legacy Christian School
- Walkie Talkies – Unity Christian High School
- The Agony of DE-FEET – Dutton Christian Middle School

### **Overall Participation Prize Drawing**

The school with the highest participation rate receives a Subway lunch provided by the CSI Insurance Plan. Congratulations to Dutton Christian Elementary School and their Wellness Ambassador, Renee' Nieuwsma!

### **Thank You to Wellness Ambassadors**

This is the first year the CSI Insurance Plan has utilized Wellness Ambassadors to assist with wellness programs at the local school level. We appreciate the enthusiasm and time you used to promote Hold it for the Holidays and the Healthy Steps Challenge. These programs were successful only because of your extra effort. Thanks!

### **Thank You to Priority Health Staff**

We would like to thank Priority Health staff for all their work to make the Healthy Steps Challenge a success. They did a great job of distributing pedometers, tracking steps for over 200 teams, and communicating with Ambassadors. Thank you!

### **Wellness and the Priority Health Partnership**

One very important result of the CSI Insurance Plan's emphasis on wellness is a great partnership with Priority Health because they also have a significant wellness focus. Priority Health knows that wellness enhances the health of a group. Over the long term, a healthier group has fewer medical issues leading to fewer claims and lower premium rates. This creates a win-win situation for all of us and is a component of Priority Health's commitment to CSI that our rates are highly competitive in today's market and that a lower premium level cannot be obtained outside of our relationship. Thanks to all of you who are taking steps towards a healthier lifestyle.



### **Who to Contact at CSI for Support**

If you have any questions concerning your coverage please contact Lois at the CSI Benefits Office by phone at 877-274-8796, extension 233 or by e-mail at [llandheer@CSIONline.org](mailto:llandheer@CSIONline.org). Information is also available on the CSI web site at [www.CSIONline.org/benefits](http://www.CSIONline.org/benefits).