

Wellness and Weight Watchers Program

(Administered by the Alabama Department of Public Health)

All active and retired members and dependents covered by the PEEHIP Hospital Medical Plan, HMO or Optional Plans can receive free health screening by the Public Health Department nurses at different sites during the year. The health screening tests include blood pressure, glucose, and an HDL/LDL cholesterol screening as well as osteoporosis screenings for high risk members.

The PEEHIP Wellness program also includes a smoking cessation toll-free Quitline (800.784.8669) which is available 24-hours a day providing live counseling from 8:00 a.m. until 8:00 p.m., Monday through Friday. The Wellness program also includes a Weight Watchers benefit for high risk members who have a body mass index of 25 or more. The member's cost is only \$85 for a 15-week program with PEEHIP paying the remaining \$85. Members must attend at least 12 of the 15 sessions to receive full reimbursement by PEEHIP. Additional information can be obtained on the Public Health Department website at www.adph.org/worksitewellness or by calling 800.252.1818 and asking for the Wellness Division. The wellness screenings are intended to assist employees and their families identify health risks and receive early and necessary treatment and ultimately lower health care costs.

Baby Yourself Program

Blue Cross and Blue Shield of Alabama and PEEHIP offer Baby Yourself, a prenatal wellness program for expectant mothers. This program is part of your PEEHIP Hospital Medical coverage and is available at no cost to you. PEEHIP strongly encourages all expectant mothers covered under the PEEHIP Hospital Medical plan to sign up for Baby Yourself today. It is never too late to sign up during your pregnancy, but the sooner you sign up the better. If you are a soon-to-be expectant mother, please sign up as soon as you confirm your pregnancy. PEEHIP encourages you to sign up for the program with each pregnancy even if you have already participated. When you sign up, you will receive:

- ◆ Support from an experienced Blue Cross registered nurse
- ◆ Educational information by telephone and email during your pregnancy
- ◆ Useful gifts that encourage healthy habits, proper prenatal care, and help you understand the changes and challenges of pregnancy

The vast majority of mothers who delivered premature babies did not participate in the PEEHIP Baby Yourself program. The goal of Baby Yourself is to have healthy mothers and babies at delivery. If you are pregnant, please enroll today in Baby Yourself by calling 800.222.4379 or register online at www.behealthy.com.