



## Enhancements to the **Team Up for Health** Wellness Program

PEEHIP is working diligently with ActiveHealth to ensure that every single member who is required to participate in **Team Up for Health** has every opportunity to complete their requirements and waive the \$50 monthly wellness premium. PEEHIP has recently made significant enhancements to the Team Up for Health Wellness Program which will make the experience of participating in the required activities much easier for our members. These include:

◆ **Redesigned ActiveHealth Website at [www.MyActiveHealth.com/PEEHIP](http://www.MyActiveHealth.com/PEEHIP):** The “My Wellness Rewards and My Required Activities” page now shows specifically what you need to do to earn the waiver of the new \$50 monthly wellness premium and when you have completed your wellness activity requirements:

2. **Progress Wheel:** Your Progress Wheel shows the percentage of completion of all your required activities. Once you have completed everything required, your Progress Wheel will show 100% complete.

1. **Activity Cards:** Your specific wellness requirements are shown in your activity cards. Everyone will have at least two cards: “Complete Your Health Questionnaire” and the “Participate in a Wellness Screening.” Some will have a third activity card for “Health Coaching” if you were identified for Wellness Coaching or Disease Management and received an invitation letter dated January 2015 from ActiveHealth. The ribbon on each card will flip to “Completed” after you have completed the required activity. Your Health Questionnaire card will flip to completed in real time, but please allow extra processing time for your other activity cards to flip to completed.

◆ **Health Coaching:**

1. **Online coaching can now be completed all in one sitting** so you can earn as many heartbeat units each week as you would like. 100 heartbeat units (which equals one heartbeat goal) is the amount required to complete online coaching. Once you reach 100 heartbeat units, you have earned “Completed” status of the coaching requirement and your online coaching progress will convert to one heartbeat goal. **Although your heartbeat units will reset to zero, this does not remove your online coaching “Completed” status.**

*continued on page 2*

**Increased telephonic coaching opportunities:** ActiveHealth has made available an abundance of new time slots for telephonic coaching opportunities, which will greatly reduce the potential time needed for a health coaching call-back appointment. You can earn “Completed” status of your health coaching requirement through one phone call with a health coach at 855.294.6580.

- 2. On-site health coaching clinics:** PEEHIP now offers group health coaching sessions as a third option for members to complete their health coaching requirement. Three ActiveHealth wellness coaches are available to travel the state and lead on-site group coaching classes for any PEEHIP member, covered spouse, or retiree that would like to attend. By attending one of these one-hour coaching sessions, PEEHIP participants will be given credit for their coaching requirement. These sessions will be held on demand at locations all over the state, so ask your school’s insurance coordinator about requesting a coaching session in your area!

After completing health coaching, please allow 3 to 5 business days to show as “Completed” on your “Health Coaching” activity card and in your Progress Wheel on your “My Wellness Rewards and Required Activities” page. On-site coaching may require extra processing time, but you will be given a certificate during the coaching clinic to serve as verification of completion. ●

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## Team Up for Health Wellness Program is Saving Lives!

**T**he new PEEHIP Wellness Program is helping save lives by identifying PEEHIP members and spouses with extremely high-risk health conditions and referring these members to the appropriate provider for immediate treatment.

Since June 1, 2014, over 85,500 wellness screenings have been performed by health-care providers and by the Alabama Department of Public Health (ADPH) nurses as compared to less than 20,000 screenings through ADPH during the entire 2014 plan year when the screenings were voluntary.

The wellness screenings will measure your total cholesterol, triglycerides, blood pressure, blood glucose, body mass index (BMI) and waist to height ratio at no cost to you. The screenings will help identify health risks and if additional follow up is needed by a member’s health care provider.

PEEHIP recently received information from ADPH that some PEEHIP members had very high triglyceride readings of over 900 and some over 2,100. The vast majority of these members had not previously gone through the PEEHIP voluntary wellness screening program during the 2014 plan year.

**What are Triglycerides?** Triglycerides are fat in the blood and are used to provide energy to the body. If you have extra triglycerides, they are stored in different places in case they are needed later. High triglyceride levels have been linked to a greater chance for heart disease. The American Heart Association recommends that everyone over

the age of 20 should get a lipid panel to measure cholesterol and triglycerides at least every five years.

**What Are Normal and High Triglyceride Levels?** The National Cholesterol Education Program sets guidelines for triglyceride levels:

- Normal triglyceride readings are less than 150 milligrams per deciliter (mg/dL)
- Borderline high triglycerides = 150 to 199 mg/dL
- High triglycerides = 200 to 499 mg/dL
- Very high triglycerides = 500 mg/dL or higher

High triglyceride levels can lead to heart disease, especially in people with low levels of “good” cholesterol and high levels of “bad” cholesterol and in people with type 2 diabetes.

How exciting that PEEHIP members are allowed to receive this new wellness benefit at no additional cost as long as the member and covered spouse meet their required activities by the May 31, 2015, deadline.

Know your numbers and take advantage of all of the new wellness products being offered through PEEHIP’s **Team Up for Health** Wellness Program. The wellness program can save your life! ●

## Who is Required to Participate in



You **ARE** required if you are enrolled in PEEHIP's BCBS hospital medical group #14000 plan AND you are:

- ◆ An employee currently employed by a PEEHIP participating system.
- ◆ A covered spouse of an employee regardless of Medicare eligibility.
- ◆ A retired employee who is **not** Medicare eligible.
- ◆ A covered spouse of a retired employee who is **not** Medicare eligible.
- ◆ A member or spouse on COBRA or on a Leave of Absence.
- ◆ A Surviving Spouse who is **not** Medicare eligible.

If you do not meet the requirements above, you are not required to participate or have a wellness screening or complete any other wellness program requirements. You will not be subject to the new \$50 wellness premium.

You are **NOT** required to participate if you are:

- ◆ A child or an adult child dependent.
- ◆ A PEEHIP subscriber or spouse who is **only** enrolled in the optional plans (dental, vision, cancer and/or indemnity), the PEEHIP Supplemental, or the VIVA Health Plan and **not** enrolled in PEEHIP's group #14000 plan.
- ◆ A retired employee or covered spouse who is **Medicare eligible** and enrolled in PEEHIP's group #14000 plan. ●

## What are the Requirements for Team Up for Health?

Everyone who is required to participate must complete the following by May 31, 2015, to earn the waiver of the new \$50 wellness premium that begins October 2015:

1. Get a **Wellness Screening** through the Alabama Department of Public Health or your personal healthcare provider.
2. **Complete the Health Questionnaire (HQ)** online at [www.MyActiveHealth.com/PEEHIP](http://www.MyActiveHealth.com/PEEHIP) or by telephone at 855.294.6580.

Only those who were identified for **Health Coaching** are required to complete the following:

- ◆ One health coaching telephone call with an ActiveHealth licensed nurse or health coach at 855.294.6580, **OR**
- ◆ 100 heartbeat units online at [www.MyActiveHealth.com/PEEHIP](http://www.MyActiveHealth.com/PEEHIP), **OR**
- ◆ One on-site group health coaching session

Visit the ADPH online calendar at [www.adph.org/worksitewellness](http://www.adph.org/worksitewellness) to find out when and where screenings will be offered in your area. **Bring your PEEHIP ID card with you as proof of eligibility for the one free annual ADPH screening a year.**

If you prefer, you can obtain your screening through your annual preventive office visit with your personal physician using the Healthcare Provider Screening form downloadable from the PEEHIP wellness web page at [www.rsa-al.gov/index.php/members/peehip/health-wellness/](http://www.rsa-al.gov/index.php/members/peehip/health-wellness/). Visit this web page to also learn more about your wellness benefits and your required activities under **Team Up for Health**.

You are taking charge of your health by participating in **Team Up for Health!** By completing the required **Team Up for Health** wellness activities, you will be able to receive a waiver of the \$50 monthly wellness premium. For additional information about **Team Up for Health**, visit [www.rsa-al.gov/index.php/members/peehip/health-wellness](http://www.rsa-al.gov/index.php/members/peehip/health-wellness). ●

## Flonase is Now Available as an Over the Counter (OTC) Medication

Flonase, an intranasal steroid to treat allergies, became available as an over the counter medication (OTC) February 2015. In accordance with PEEHIP policy, the prescription medication is no longer a covered benefit. The over the counter version of Flonase is called Flonase Allergy Relief and is available in the same strength as the prescription medication and can be conveniently purchased without a prescription or using insurance coverage. It is indicated to treat hay fever and upper respiratory allergies and can be found in the cough/cold section of many retailers including drug stores, grocery stores and various discount retailers. ●

### Did You Know?

The Affordable Care Act (ACA) requires PEEHIP to pay a Transitional Reinsurance Program Fee for three years from 2014 through 2016. The fees have no benefit to the PEEHIP members or the PEEHIP plan but are intended to help stabilize premiums for individuals covered through the Federal Health Insurance Marketplace ([healthcare.gov](http://healthcare.gov)). The estimated cost to PEEHIP over the three-year period is \$26 Million. ●

## *Are you thinking of retiring soon?* **There is important information you need to know about Medicare**

- ◆ If you and/or your dependent(s) are Medicare eligible due to disability or age, you and/or your dependent(s) are **required** to be enrolled in Medicare Part A and Part B effective your date of retirement.
- ◆ If you are only enrolled in Part A, please contact the Social Security Office at 800.772.1213 and sign up for Medicare Part B to be effective your date of retirement. Do **NOT** assume you will automatically be enrolled in Medicare.
- ◆ If not enrolled in Medicare Part B effective your **date of retirement**, PEEHIP will only pay 20% of the Medicare allowable fees for the Part B services and you will be responsible for the remainder of the claims. Please send a copy of your and/or your dependent's Medicare card to PEEHIP. ●