



PUBLIC EDUCATION EMPLOYEES' HEALTH INSURANCE PROGRAM

info



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PEEHIP Team Up for Health Wellness Program Restarts for 2015/2016 Plan Year

The new year of the PEEHIP *Team Up for Health* Wellness Program is officially underway, and that means it is time once again to work toward improving your health by completing your required activities! The deadline to complete your required activities is **August 31, 2016**, but why not go ahead and get started by taking advantage of all the health and wellness benefits that PEEHIP offers to you as part of the Wellness Program? The required activities for the new year are shown below. These activities are required for members and spouses enrolled in the PEEHIP Hospital Medical group 14000 plan, if covered on an active account or not Medicare-eligible **and** covered on a retiree contract.

- ◆ Obtain a wellness screening between 8/1/2015 and 8/31/2016.
- ◆ Complete the Health Questionnaire (HQ) between 10/1/2015 and 8/31/2016
- ◆ Participate in Health Coaching between 10/1/2015 and 8/31/2016 **only** if you receive a health coaching invitation letter from ActiveHealth dated October 2015. To confirm your health coaching requirement, visit www.MyActiveHealth.com/PEEHIP or call 855.294.6580.

Note: Wellness screenings obtained at doctor's offices are normally filed as routine office visits. If you already had one routine doctor's office visit in 2015, you must wait until 2016 before another routine visit will be covered for you.

For those PEEHIP members who could benefit from a higher level of care from an ActiveHealth clinical professional, the Health Coaching requirement will be to complete at least 4 telephonic coaching calls before August 31, 2016. These members will be notified by mail of their specific requirement.

Available Options to Receive Your Free Flu Shot

Flu shots are offered free of charge from the Alabama Department of Public Health (ADPH) at the following locations for PEEHIP members and dependents age 18 or older plus PEEHIP members' school-aged children.

- ◆ PEEHIP school systems and worksite locations (active employees)
- ◆ Local county health departments (except for the Mobile County Health Department)

Please remember that the ADPH is the only approved vendor allowed to come onto a PEEHIP worksite and offer flu shots or any other type of healthcare service to PEEHIP members.

Flu shots given at a doctor's office with or without having a doctor's visit are also covered by PEEHIP. Retirees who are Medicare-eligible must have their flu shot filed under Medicare Part B whether they receive their flu shot at their doctor's office or at a retail pharmacy.

Lastly, flu shots are now covered at participating pharmacies (at the pharmacy location only) effective August 1, 2015 for PEEHIP eligible members enrolled in a PEEHIP health care benefit.

Has Your School Signed Up Onsite Coaching?

PEEHIP and ActiveHealth offer the opportunity for your school to have a certified wellness coach come onsite to lead a group health seminar class on topics such as healthy eating, stress management, diabetes prevention and management, and much more. This free service has been met with overwhelmingly positive feedback all over the state, and it will serve as credit for completing a Health Coaching requirement for those applicable members. So if you have not already booked one of these events then please contact your schools insurance coordinator to see when one can be offered in your area!

Be on the lookout for the October Advisor headed to your mailboxes soon!