

Let's get healthy together!

Team Up for Health now

Like most people, you want to get healthier - and PEEHIP wants to help. You can be an active partner in your health to lower your risks of chronic disease and illnesses.

- The Centers for Disease Control and Prevention (CDC) states that 70 percent of diseases are preventable.
- The American Cancer Society found that more than half of all cancer deaths could be prevented by making healthy choices like not smoking, staying at a healthy weight, eating right, keeping active, and getting recommended screening tests.

The first and most difficult step to preventing disease and getting healthier may be knowing where and how to get started. PEEHIP's new *Team Up for Health* Wellness Program can help you do that.

Take the first step and get screened today to get started on better health!

Wellness screenings

Free wellness screenings are available now and will help you see where you stand.

These screenings will measure:

- blood pressure
- height, weight, and body mass index (BMI)
- total cholesterol (HDL and LDL), triglycerides, and blood glucose

PEEHIP offers the screenings through its wellness

screening partner - the Alabama Department of Public Health (ADPH). Visit the ADPH online calendar at www.adph.org/worksitewellness to find out when and where screenings will be offered in your area. You may be at risk and not know it because some health risk conditions have no early warning signs.

If abnormal results or risk factors are identified during the screening process, the ADPH wellness nurses will give you an OFFICE VISIT REFERRAL form to take to your physician's office for follow up. Your physician will determine the proper course of treatment to help you monitor and handle your health risks going forward.

Be sure to bring your PEEHIP insurance ID card with you to present proof of your eligibility for the free screening. The screenings are available for members aged 18 and up who are enrolled in any health benefit offered by PEEHIP.

If you prefer, you can visit your personal physician and have your doctor complete the HEALTHCARE PROVIDER SCREENING form, which can be downloaded from the PEEHIP website at www.rsa-al.gov.

Coming in January 2015

Additional *Team Up for Health* wellness services will be available in January 2015 for members enrolled in PEEHIP's group 14000 hospital medical plan (excludes Medicare primary members).

continued from page 1

Take a free **Health Questionnaire (HQ)** and discover a variety of tools and support! This is a series of questions about your health that takes about 15 minutes to answer. You can complete your questionnaire online or by phone for those without Internet access. Your results can help you make a personalized plan to achieve your goals.

Want to manage your weight? Quit smoking? Improve your fitness or diet? You will have access to free **Wellness Coaching** to get tips on exercise, diet, quitting tobacco, and stress management from a health coach. Learn how to live healthier and get more out of life.

Other new and improved *Team Up for Health* programs in 2015

- **Disease Management:** A program focusing on asthma, COPD, diabetes, congestive heart failure, and coronary artery disease. You will work with a registered nurse coach to learn more about your

Have you moved?

If you have moved or changed your mailing address, make sure to update your information with PEEHIP as soon as possible to ensure that you continue receiving important information regarding your health insurance benefits. Also update your phone number and email address because there are times when we may need to call or email you.

Updating your contact information online is easy – log in at <https://mso.rsa-al.gov> and click the Contact Information link and follow the on screen prompts. Make sure you receive a confirmation page confirming that your changes were submitted to PEEHIP.

If you don't have access to the Internet, you can call Member Services at 877.517.0020 and request an ADDRESS CHANGE NOTIFICATION or mail us your new address, phone number and email address. Because a change of address requires a signature, PEEHIP cannot take these changes over the phone – we must receive them in writing or online.

condition and start feeling better. Nurses can be contacted online or by phone.

- **Nurseline:** Talk to a nurse anytime you have health questions or concerns. All conversations are private and confidential.
- **Personal Health website:** A fun, interactive site for storing all your health information. See how healthy you are, learn how to make improvements, and track your progress along the way.
- **Health Tracking:** Track your progress in the PEEHIP Wellness Program to determine when you complete each step – and see the proof of your better health!

Are you ready to get started on better health? Let's do it together and *Team Up for Health* now! ●

November is American Diabetes Month

Source: BCBS Be Healthy

This month is the ideal time to become aware of the risk for diabetes. You can lower your risk for diabetes or, if you have already been diagnosed, better manage the disease.

The primary risk factor for developing type 2 diabetes is being overweight. Losing weight, or staying at a healthy weight, helps prevent and manage not only type 2 diabetes, but also heart disease, high blood pressure and unhealthy cholesterol levels. Eating healthy and being physically active are two of the most important ways you can lower your risk for type 2 diabetes.

Sounds simple, right? Choose healthy foods, make healthy meals and be active 30 minutes a day to reduce the risk for type 2 diabetes. But where should you start? It's not easy in today's fast-paced, fast-food world. Especially for those who have a lot of changes to make. Make lifestyle changes slowly, one step at a time. That way it's easier on you, and you are more likely to succeed.

Visit www.diabetes.org/are-you-at-risk/lower-your-risk/small-steps.html to learn these small steps that will help you build toward a big effort over time in changing habits. ●



Did you know?

The American Cancer Society's Great American Smokeout is Thursday, November 20.









Source: www.cancer.org

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting, even for one day, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

Why Quit?

The health benefits of quitting start immediately from the moment of smoking cessation. Quitting while you are younger will reduce your risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke.

How does your body recover after certain amounts of time?

- 20 minutes**  Your heart rate and blood pressure drop.
- 12 hours**  The carbon monoxide in your blood drops to normal.
- 2 - 3 weeks/months**  Your circulation improves and your lung function increases.
- 1-9 months**  Coughing and shortness of breath decrease, cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- 1 year**  The excess risk of coronary heart disease is half that of a continuing smoker's.
- 5 years**  Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.
- 10 years**  The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.
- 15 years**  The risk of coronary heart disease is that of a non-smoker's. ●



HAVE FUN WHILE GETTING HEALTHY

The 2015 Scale Back Alabama program is getting geared up to kick off on January 6, 2015. It should be an exciting year due to some improvements that were made!

The big changes for Scale Back Alabama participants:

- Team members can register themselves at www.scalebackalabama.com
- Changing from teams of 4 to teams of 2
- Adding a free, online tracker for participants (tracks nutrition and exercise)
- Adding additional information for participants to use in helping their children be healthier

Attention Schools!

The **Scale Back Alabama School program** is an additional component of Scale Back Alabama that gives school personnel the opportunity to be healthy role models for their students and for the school to be entered into a drawing to win nutrition and physical activity oriented prizes.

Becoming a Scale Back Alabama School is easy:

- Go to www.scalebackalabama.com for instructions on signing up for Scale Back Alabama.
- Your school will need a coordinator to get started. On the website there will be training for coordinators available on demand in the Coordinators section.
- All schools (K-12) that sign up as a weigh-in site for Scale Back Alabama will **automatically** be enrolled in the **Scale Back Alabama School program**. Students are not allowed to participate and weight loss for students is not being encouraged.
- Scale Back Alabama Schools receive special recognition and are entered into a school drawing for prizes that promote good nutrition and physical activity habits for the students. These prizes are in addition to the team and individual drawings for cash prizes.
- If you work in a school that does not wish to be a weigh-in site, please check the Scale Back Alabama website for a public site that is close by so you don't miss out on the fun!

It's a win-win for schools. School personnel work to achieve a healthier lifestyle while their students cheer them on and learn the importance of healthy habits.

For more information about Scale Back Alabama Schools, please contact Molly Killman at 334.206.5646 or by email at molly.killman@adph.state.al.us. ●

SAVE THE DATE

Kick-Off:
January 6

Weigh-In:
January 19-25



Weigh-Out:
April 6-12

Final Event:
April 24