



PUBLIC EDUCATION EMPLOYEES' HEALTH INSURANCE PROGRAM

# info



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PEEHIP has recently made significant enhancements to the **Team Up for Health** Wellness Program!



These include:

- ◆ **Redesigned ActiveHealth website** - A simplified web page at [www.myactivehealth.com/peehip](http://www.myactivehealth.com/peehip) that now shows specifically what a member needs to do to earn the \$50 monthly premium waiver. The “My Wellness Rewards and My Required Activities” page also includes a progress wheel that shows percentage of completion of all required activities.
- ◆ **Increased telephonic coaching opportunities** to significantly reduce the time for a call-back health coaching appointment.
- ◆ **Online coaching can now be completed all in one sitting** so you can earn as many heart beat units each week as you would like. 100 heart beat units, which equals 1 heart beat goal, is the amount required to complete online coaching.
- ◆ **On site health coaching sessions** which complete members’ health coaching requirement. PEEHIP now offers group health coaching sessions on topics such as healthy eating, exercise, and disease prevention and management. These sessions will be held on demand at locations all over the state, so speak to your school’s insurance coordinator about requesting a health coaching session in your area!

### Progress Completion Wheel

