



PUBLIC EDUCATION EMPLOYEES' HEALTH INSURANCE PROGRAM

info



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Reminder of Restart of Required Activities for the PEEHIP Wellness Program

October 1, 2015, marked the beginning of a new plan year, and that means your progress in the PEEHIP *Team Up for Health* Wellness Program has been reset and it is time to complete your activities once again to earn the \$50 monthly premium waiver for next plan year starting October 2016. The list below shows the required activities to earn the wellness premium waiver for next plan year:

- 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 if you received an invite letter from ActiveHealth dated October 2015. Coaching can be completed online at www.MyActiveHealth.com/PEEHIP, by phone at 855.294.6580, or in person by attending an onsite coaching seminar. Contact your employer's insurance coordinator to ask about an onsite session in your area.

Some PEEHIP members were mailed letters inviting them to participate in a more robust form of Health Coaching that requires four phone calls with an ActiveHealth nurse to complete the coaching requirement. ActiveHealth nurses will work with members to determine the call schedule that is most convenient and helpful to them in order to complete this enhanced coaching activity. To verify your requirements in order to earn the \$50 monthly wellness premium waiver, visit www.MyActiveHealth.com/PEEHIP, or call 855.294.6580.

One Screening Available per Calendar Year from Your Primary Care Physician

- Wellness screenings obtained at your primary care physician are normally classified as routine office visits, which are only covered under your PEEHIP Blue Cross Blue Shield (BCBS) benefits once per calendar year.
- If you already had a routine office visit since January 1, 2015, you will not be eligible for another routine office visit under your BCBS medical benefits until 2016. **If you have a second routine office visit in one calendar year, the claim will reject and you will be responsible for the full cost.**
- If you prefer to obtain your screening from your primary care physician, and if you have already had your one routine office visit for 2015, then there is plenty of time in 2016 to have your next wellness screening, since your deadline to be screened once again is August 31, 2016.
- Some healthcare providers such as hospital clinics may charge PEEHIP members an administrative or related fee to complete a screening form. PEEHIP is unable to prevent the application of these fees which the hospital clinic may charge, and PEEHIP also cannot reimburse PEEHIP members for these charges since they are not payable to PEEHIP.
- To ensure you do not incur an unexpected charge as part of obtaining your wellness screening, please contact the provider office for which you intend to visit prior to your screening, and ask about any administrative or other fees that they may charge or have your screening done by the ADPH nurses.
- For specific benefit questions, contact BCBS Customer Service at 800.327.3994. Also, remember that wellness screenings are available free of charge once per year restarting every August 1 through the Alabama Department of Public Health (ADPH) at your worksite or at local county health departments. Visit www.adph.org/worksitewellness to check when screenings will be offered in your area.