



## See Healthier, Be Healthier! Mark your calendar now for Scale Back Alabama 2020.

The beginning of a new year is the perfect time to commit or RE-commit to having healthy behaviors. Scale Back Alabama can help you do that! It is a free, statewide challenge that encourages adults in Alabama to get healthier by eating better and moving more.

### Attention Schools:

The Scale Back Alabama School program is an additional component of Scale Back Alabama, which gives school personnel the opportunity to be healthy role models for their students. By participating, each school is entered into a drawing to win nutrition and physical activity-based prizes to use with students.

Any K-12 school in Alabama, public or private, is eligible.

This program is not for students. It is intended for adults affiliated with the school.

Get parents involved! Be a public weigh-in site so parents and community members can participate (especially in rural areas).

### Becoming a Scale Back Alabama School is easy! Here are the steps...

- ◆ The school will need a coordinator to get started. Sign up at [scalebackalabama.com](http://scalebackalabama.com)

under the Coordinators Wanted tab.

- ◆ Schools that decide to be a weigh-in site, whether it's a public or private site, must register at least 3 teams of 2. Teams can register early on the website or in person at the weigh-in site.
- ◆ All school coordinators that register with Scale Back Alabama are automatically enrolled in the Scale Back Alabama School program. There are no extra forms to complete!
- ◆ Scale Back Alabama Schools receive special recognition on the website and go into a school drawing for prizes that promote good nutrition and physical activity habits for the students. This drawing is in addition to the team and individual drawings for cash prizes.
- ◆ If your school does not have a coordinator and does not wish to be a weigh-in site, check the Scale Back Alabama website for a public weigh-in site ([scalebackalabama.com/sites/](http://scalebackalabama.com/sites/)) in your area so school teams don't miss out on the fun! Be sure to let us know if your school teams are using a public site so they are still eligible for prizes.

Reminder – Students are not allowed to participate and weight loss for students is not being encouraged.

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. It also provides an opportunity for schools to engage community members in efforts to promote healthy lifestyles.

Important program dates:

- ◆ Initial weigh-in and registration week – January 20-26, 2020
- ◆ Final weigh-out week – April 6-12, 2020
- ◆ Final event and announcement of winners – April 21, 2020

For more information about the Scale Back Alabama School program, go to [scalebackalabama.com](http://scalebackalabama.com) and click on the Schools tab.

Scale Back Alabama is sponsored by the Alabama Hospital Association and the Alabama Department of Public Health, in partnership with Blue Cross Blue Shield of Alabama. ●

# Choosing Well is Easy with PEEHIP and Sharecare

**M**embers and covered spouses enrolled in the PEEHIP Blue Cross Blue Shield Hospital Medical Group #14000 Plan: Your brand new wellness program, *Choose Well, Live Well*, launched in October, and is administered by Sharecare in partnership with Blue Cross Blue Shield of Alabama. To register for the *Choose Well, Live Well* program and see what new resources you have available to improve your health, visit [peehip.sharecare.com](http://peehip.sharecare.com) today or call 855.342.6809.

Over the past several weeks, you should have received detailed information about your new wellness program, including a welcome letter listing your specific required activities due by August 31, 2020, in order to earn your \$50 monthly wellness premium waiver. PEEHIP and our partners will continue to send information about the wellness program over the year, but if you did not see your specific welcome letter from Sharecare, please visit [peehip.sharecare.com](http://peehip.sharecare.com) today and click on "My Required Activities," or call Sharecare at 855.342.6809.

Have you registered for the *Choose Well, Live Well* program yet? If not, **act now to gain access to the PEEHIP-specific Sharecare experience which allows you to track and complete your specific required activities to earn your \$50 monthly wellness premium waiver beginning October 2020.** While not required in order to participate in this program, registering for Sharecare at [peehip.sharecare.com](http://peehip.sharecare.com) unlocks added benefits exclusive to PEEHIP members.

Make sure that you are getting the most out of your Sharecare experience and register **FIRST** at [peehip.sharecare.com](http://peehip.sharecare.com), create a user ID and password, and then download the Sharecare app and login with your user ID and password.

If you have registered a Sharecare account on the non-PEEHIP specific [sharecare.com](http://sharecare.com) website or on the Sharecare app in the past, you will need to connect your account at [peehip.sharecare.com](http://peehip.sharecare.com) in order to access your exclusive PEEHIP version and gain access to your member-specific information and required activities. If this applies to you, or even if you are unsure, simply follow the steps below to connect your account to PEEHIP.

1. Go to [peehip.sharecare.com](http://peehip.sharecare.com) and click "Sign In."
2. Log in using the same email and password originally used to create your account.
3. Enter your identifying information and click "Create Your Account."



If you're interested in learning more about the *Choose Well, Live Well* program and/or Sharecare, visit the PEEHIP wellness site, [choosewellPEEHIP.com](http://choosewellPEEHIP.com). This site contains information about your required activities as well as the many tools and features available to you through Sharecare. ●

# Flex Filing Deadline Approaching Fast

As explained on the PEEHIP HealthEquity website at <https://learn.healthequity.com/peehip/fsa/>, the deadline to file for reimbursement from your 2019 PEEHIP Flexible Spending Accounts (FSA) plan is January 15, 2020. If you were enrolled in the Health FSA or Dependent Care Reimbursement Account (DCRA) between October 1, 2018, and September 30, 2019, there is still time to file for reimbursement of expenses incurred by September 30, 2019.

Submit your request online at [my.healthequity.com](https://my.healthequity.com) or mail in a reimbursement form along with supporting documentation to HealthEquity. Unused funds contributed to a FSA plan cannot be refunded. All unused funds remaining in your 2019 DCRA and in excess of \$500 in your Health FSA after the January 15, 2020, filing deadline will be forfeited. To check your balance, log in to your HealthEquity online account or contact customer service at 877.288.0719. ●

## Plan the Perfect Menu

[www.packhealth.com/plan-the-perfect-christmas-menu/](http://www.packhealth.com/plan-the-perfect-christmas-menu/)

Happy Holidays! If you are anything like us, we're looking forward to gathering around the table with our loved ones for the feast of the year. Sometimes, especially around the holidays, our bodies (and souls, let's be honest) crave an unspeakable amount of sinfully delicious dishes. While it's okay to enjoy some of these things in moderation, it's good to have a game plan for the precautionary swaps that allow us to enjoy the flavors of the season without interfering with our health goals.

We recently shared our five Healthy Holiday Sides. Have you seen it? It's filled with easy and delicious recipes, all of which would make delicious side dishes for any festive feast. However, if you are looking for a more in-depth swap guide, we'll tackle that here.

This time, we have focused on making the swaps that won't take away from the holiday flavors and will still satisfy you and your guests. Check out a few of our easy and healthy holiday swap suggestions:

### 1. Swap chips and dip for raw vegetables and Greek yogurt dip.

Start with those holiday appetizers. With so much of the meal left to come, why waste your calories on dips made with full-fat sour cream? Substituting low-fat or nonfat plain Greek yogurt or nonfat sour cream for regular sour cream can minimize some of those extra calories.

### 2. Start with a broth-based soup.

By starting your meal with a low-calorie, broth-based soup, you are helping yourself by getting rid of that super hungry, tummy growling feeling. You are satisfying yourself just enough so



you don't overeat during the actual meal. There is a study that states that starting your meal with a broth-based soup helps you to feel full faster and lose more weight! Try these: Miso Soup with Clams and Spinach, Slow Cooker French Onion, or Wild Mushroom Soup.

### 3. Sneak vegetables into traditional side items.

A lot of times during the holidays, side dishes are sinfully packed with calories. One way to cut back on these added empty calories is by using vegetables as the base instead of potatoes, rice, or pasta.

### 4. Trade a piece of pecan pie for a cup of pecan crumble.

It's hard to resist holiday desserts from Thanksgiving to New Year's. However, swapping one small piece of pecan pie for a fresh apple pecan crumble will make you feel a bit better (and maybe even help your pants fit a little looser). If you decide you can't resist the pie, skip on eating the crust—that's where

most of the fat lurks.

### 5. Fill your plate with more white meat than dark.

While both cuts of meat are a great source of lean protein and rich in various vitamins and minerals, choosing white meat may be more beneficial to your overall health. White meat provides more protein, less fat and calories, and is the better source of B vitamins, magnesium and niacin, as compared to its darker counterpart. If you prefer the taste of dark meat, try chopping both cuts of meat to minimize some of those extra calories from fat. Or, skip the sugar-filled glaze on your ham and keep it simple.

Planning your menu ahead of time with the right holiday ingredients can make all of the difference. The trick is to cut down on calories, sugar, fat, and preservatives without compromising flavor, so you end up with healthy food you enjoy! ●

# Medicare-Eligible PEEHIP Members

The information below pertains to Medicare-eligible PEEHIP retirees or Medicare-eligible dependents of PEEHIP retirees. For more information, visit [www.rsa-al.gov/peehip/retirees/](http://www.rsa-al.gov/peehip/retirees/).

## PEEHIP Medicare Retirees: Get Ready for a smooth Transition to Humana!

**A**s a reminder, Medicare-eligible retirees will move from UnitedHealthcare® to Humana effective January 1, 2020. PEEHIP and Humana remain dedicated to ensuring your transition to Humana goes smoothly.

**Humana looks forward to welcoming you to the PEEHIP Humana Group Medicare Advantage PPO Plan effective January 1, 2020!**

Be on the lookout for your PEEHIP Humana informational kit. This booklet includes an overview of your 2020 medical and pharmacy benefits, information about extra benefits included in the plan, and an abbreviated drug formulary.

So, what's coming next?

- ◆ **Confirmation of Enrollment** – PEEHIP has submitted your enrollment information to Humana for the 2020 plan year. In the coming days, Humana will send you a letter confirming the status of your enrollment.
- ◆ **PEEHIP Humana ID Card** – Your PEEHIP Humana ID card will arrive in your home

in December. When you receive healthcare services starting January 1, 2020, please present this card for all medical and pharmacy services.

- ◆ **Drug List Change Letter** – If you are currently using a medication that will be affected by coverage changes in 2020, Humana will be sending a letter to you describing these changes. This letter will provide guidance on changes such as a copay tier level change, medications that may now require a prior authorization, changes in quantity limits, as well as diabetic supplies that coincide with Humana's preferred diabetic meters.
- ◆ **Welcome Call** – Humana wants to welcome you to their plan and they will make outreach to you soon. They will call to ensure you have received information about the plan and will help you with questions you may have about your transition to Humana.
- ◆ **Humana Preferred Diabetic Meter Program** – If you are currently using a diabetic

meter that is not on Humana's preferred list, a Humana representative will call you with information about Humana's preferred meters. The representative will also help guide you in obtaining a new meter at no cost to you.

- ◆ **Evidence of Coverage** – In January, you will receive the Evidence of Coverage, a booklet that describes your plan benefits in detail.
- ◆ **Health Survey Request** – You will receive a postcard in January asking you to complete a health questionnaire. This can help Humana connect qualifying members with the clinical programs available as part of this plan.

Do you have additional questions? Humana is happy to assist you! Please call Humana's Customer Care Team at 800.747.0008 (TTY: 711) Monday – Friday, 7 a.m. – 8 p.m., Central Time. You can also visit [our.humana.com/peehip](http://our.humana.com/peehip) for more information about the plan. ●