

Chews Wisely AlabamaSM

Educating the next great generation of Alabamians can sure work up an appetite. Thankfully, Alabama takes the cake for having some of the best food in the country. We also have the most fast food per capita of any state as reported by *Business Insider*.

Can you blame us if we are not the healthiest state? Poor food choices can negatively impact us and the students who learn from us.

CHEWS WISELY, FEEL AMAZING

To help us make smarter choices, PEEHIP will be teaming up with Blue Cross and Blue

Shield of Alabama to bring you Chews Wisely AlabamaSM, an exciting program that will make eating better deliciously fun and simple. Instead of expecting us to give up foods we love, it will teach us how to make small, simple tweaks in our diet that respect our rich food culture and traditions.

Chews Wisely AlabamaSM will be kicking off soon. Look for more information in upcoming PEEHIP newsletters.

TASTE WHAT'S TO COME

Chews Wisely AlabamaSM will work in tandem

with Scale Back Alabama to help PEEHIP members eat healthier and lose weight.

1. Cook healthier versions of your favorite comfort foods.
2. Learn what to order at the drive-through.
3. Discover nutritious ingredient swaps.
4. Find out what to put in your grocery cart. ●

SLIM DOWN. CASH IN.



A new Scale Back Alabama initiative is coming your way. Keep off at least 10 pounds from your original Scale Back Alabama weigh-in between April 12, and August 30, and you will be entered to win an additional cash prize. Participation in Scale Back Alabama's 2020 program is not required, so be sure to participate. Check out upcoming PEEHIP *Advisor* newsletters for additional details. ●

Three Affordable Crock-Pot Recipes from the Pack Health Kitchen

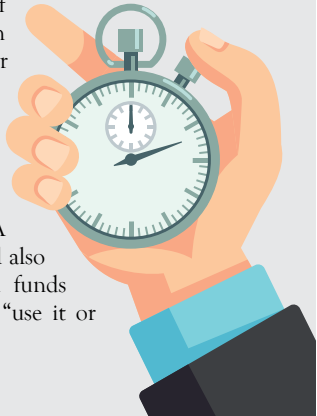
Crock-pot season has officially arrived here in Alabama. One of our favorite things about a slow cooker meal is that it's just so easy! In the morning, simply toss in your ingredients, crank up that cooking machine, and go about your business until your food is done. Viola! You have a home-cooked meal with minimal effort (huge win)! Another reason crock-pots have a special place in our hearts is that not only can you effortlessly cook dinner, you're also able to serve a healthy dinner at an affordable price (even bigger win)! Today, we are sharing three dietitian-approved slow cooker meals the whole family will love.

Interested in learning more about Pack Health?

Pack Health offers free personalized health coaching to PEEHIP members who qualify based upon their health profile. To see if this benefit is available to you, or to see more about all of your health and wellness benefits, visit [peehip.sharecare.com](https://packhealth.com/three-affordable-crock-pot-recipes/) or call Sharecare at 855.342.6809. <https://packhealth.com/three-affordable-crock-pot-recipes/>

Prior Year Flex Plan Filing Deadline

As explained on the PEEHIP HealthEquity website at <https://learn.healthequity.com/peehip/fsa/>, you must submit your reimbursement request by the January 15, 2020, deadline, to avoid losing any flex funds from the prior plan year. If you were enrolled in a 2019 PEEHIP Flexible Spending Account plan in effect from October 1, 2018, through September 30, 2019, the filing deadline is quickly approaching. All reimbursement requests for expenses incurred by September 30, 2019, must be submitted to HealthEquity along with proper documentation no later than January 15, 2020. Remember, any unused funds in excess of \$500 remaining in your Health FSA after the deadline cannot be refunded and will be forfeited. All unused funds remaining in your Dependent Care FSA after the deadline will also be forfeited. Unused funds are forfeited per the "use it or lose it" rule. ●



fiesta CHICKEN SOUP



Serves: 6

Prep Time: 5 min

Cook Time: 3 hours

Ingredients

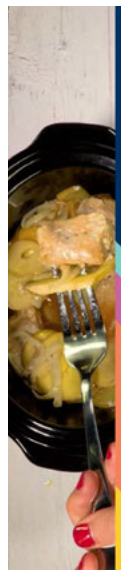
1 onion, chopped
2 garlic cloves, minced
1 tbsp. olive oil
3 c. low sodium chicken broth
1 8 oz. can tomato sauce
1 14.5 oz. can fire roasted diced tomatoes
1 4.5 oz. can green chiles
1/4 c. chopped cilantro
4 c. rotisserie chicken, shredded
1 1 oz. packet taco seasoning
1 11 oz. can corn, drained and rinsed

Instructions

1. Heat oil over medium-high heat in a medium skillet. Add onion and garlic and cook until translucent, about 3 minutes.
2. Once sautéed, add the onion and garlic to a slow cooker over high heat. Add in all other ingredients except for garnishes. Stir to combine.
3. Heat on high, covered, for 2-3 hours, or on low for 4-5 hours.
4. Serve with shredded cheese, avocado, and a dollop of plain greek yogurt.
5. Enjoy!

Courtesy of: The Cookie Rookie

PACK HEALTH



pork chops WITH APPLES & ONIONS



Serves: 4

Prep Time: 15 min

Cook Time: 2 hours

Ingredients

2 large honeycrisp apples
1 medium onion
4 large thick cut pork chops
1/2 c. sugar-free bbq sauce
1/4 c. water

Instructions

1. Thinly slice the apples and onions. Transfer them to the bowl of a 4 quart Crock-Pot set on high. Toss them together gently to combine and spread the mixture to cover the base of the bowl.
2. Place the pork chops on top of the apple and onion mixture, spacing them evenly apart from one another.
3. In a small bowl, whisk together the barbecue sauce and water.
4. Pour the runny sauce over the pork chops, making sure each one is evenly coated.
5. Cover and cook on high for 2 hours or until the juices run clear.
6. Serve immediately and enjoy!

Courtesy of: A Clean Bake

PACK HEALTH



spaghetti squash & MEATBALLS



Serves: 4

Prep Time: 10 min

Cook Time: 4 hours

Ingredients

2 spaghetti squash
28 oz. crushed tomatoes
1/2 small onion
1 lb. ground meat
1 egg
2 tbsp. almond flour
2 tbsp. Italian seasoning
1/2 tsp. salt
1/4 tsp. pepper

Instructions

1. Pour crushed tomatoes, onion, salt, and pepper into the bottom of the slow cooker. Stir to mix well.
2. Cut spaghetti squash in half, crosswise. Scoop out the seeds and add to the Crock-Pot hollow side down.
3. For the meatballs, in a large mixing bowl, add the ground turkey, egg, almond flour, Italian seasoning, salt, and pepper. Mix together well with your hands until all the ingredients are blended together. Form mixture into 10-12 meatballs.
4. Add meatballs to slow cooker in the tomato sauce.
5. Cook on high for 2-4 hours or low for 4-6 hours.
6. Remove spaghetti squash from the Crock-Pot. Let squash cool, then rake a fork back and forth across the squash to remove its flesh into spaghetti-like strands.
7. Top with meatballs and sauce.
8. Serve and enjoy!

Courtesy of: Fit Slow Cooker Queen

PACK HEALTH

Start the New Year off Right



January is the perfect time to set goals for living well in the New Year. Start the year off right by putting your health first with the *Choose Well, Live Well* wellness program, available for members and spouses covered under the PEEHIP Blue Cross Blue Shield Group #14000 Plan. As a reminder, *Choose Well, Live Well* is sponsored by PEEHIP in partnership with Sharecare and Blue Cross and Blue Shield of Alabama.

The *Choose Well, Live Well* program helps you live a healthier lifestyle by equipping you with tools, trackers, advice, and encouragement. If you download the Sharecare app after registering, you gain access to tools that easily allow you

to track your required activities and completion status toward earning your \$50 monthly wellness premium waiver for the 2020-2021 plan year. Getting started is easy:

1. **Register first** at peehip.sharecare.com and create a user ID and password.
 - **Note:** To see and access your required activities to earn your \$50 monthly wellness premium waiver, register at peehip.sharecare.com.
 - You can also register by calling Sharecare at 855.342.6809.
2. Download the Sharecare app and login with the same user ID and password.

One of the many advantages of *Choose Well, Live Well* is access to the **Health Promotion Specialist team**. This community-based team is tasked with activating the PEEHIP community to take steps towards better health by increasing and maintaining engagement in PEEHIP's wellness program, building relationships, assisting members face-to-face with questions and concerns, providing program information, educating members on various health topics, and so much more! ●

Some PEEHIP members have registered a Sharecare account on the sharecare.com website or on the Sharecare app, but in order to access your exclusive PEEHIP version, you must visit peehip.sharecare.com and sign in. If this applies to you, or even if you are unsure, simply visit the link above and sign in using your Sharecare user name and password to activate your PEEHIP specific account. After you sign in, enter your identifying information and click "Create Your Account."

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/.

Welcome to your PEEHIP Humana Group Medicare Advantage (PPO) Plan!

Happy New Year and welcome to the PEEHIP Humana Group Medicare Advantage (PPO) Plan! As you know, the new PEEHIP Humana plan went into effect on January 1. The following information should help you with navigating your healthcare during this transition:

1. **Welcome Calls:** To welcome you to the plan and answer your questions, Humana started calling all PEEHIP members in December and will continue this outreach into January.
2. **ID Cards:** ID cards were mailed in December so all members should have received their cards. As a reminder, all members enrolled on the plan will receive their own ID card. If you did not receive your ID card, please call 800.747.0008 to request a new card be mailed to your home.
3. **Prescriptions:** As with most years, minor changes were made to the drug formulary for 2020. Humana sent letters to members who are affected by any of these changes.
4. **Diabetic Supplies:** Humana's preferred diabetic meter program includes Accu-Chek and Trividia meters. For those members who are using a meter that is not a Humana preferred meter, Humana has made phone and letter outreach to assist retirees with moving to a preferred meter.
5. **Deductible:** As a reminder, your Part B deductible is moving from \$183 to \$185 effective January 1, 2020.
6. **Evidence of Coverage:** Your Evidence of Coverage will be mailed by the end of January. ●

Did you receive your Welcome Kit?

Additional information about your plan is included in your Welcome Kit (cover page pictured here) that was mailed to you in late November/early December 2019. Should you have any questions related to the information, or questions regarding accessing any of Humana's benefits and extra services, please refer to your Welcome Kit or call Humana's Customer Care line at 800.747.0008 (TTY:711), Monday through Friday, 7 a.m. to 8 p.m. Central Time.

