



PEEHIP Extends Wellness Program Deadline to July 15, 2015

The new and improved PEEHIP *Team Up for Health* Wellness Program launched August 1, 2014, to provide proven wellness resources to PEEHIP members and help prevent and manage chronic disease and health risks. The wellness screening, health questionnaire, and health coaching activities all work together to identify opportunities for health improvement and offer practical ways to achieve better health.

As of early April 2015, over 100,000 PEEHIP members have received a wellness screening, over 78,000 have completed the health questionnaire, and over 34,000 have enrolled in health coaching. This tremendous level of engagement in a newly required program is yet another testimony to the proficiency of PEEHIP members in understanding and accomplishing their goals.

As we approach our May 31, 2015, deadline to complete the required wellness activities, PEEHIP would like to partner with our members to help them achieve 100% completion of their required wellness activities. Over the course of the year, PEEHIP has adapted the Wellness Program based on the needs of our membership by redesigning the MyActiveHealth website, offering multiple ways for obtaining screenings and completing the Health Questionnaire, and adding onsite group health coaching sessions all over the state.

PEEHIP is now pleased to announce another way to **Team Up** with our members in the goals of the Wellness Program by extending the deadline for completion of the required wellness activities to **July 15, 2015**.

PEEHIP desires for every member to be able to have 100% completion of their wellness activities so that they will not be charged the \$50 wellness premium. PEEHIP recognizes that with the school year coming to a close, members will have more flexible time to complete their wellness requirements. This extension will allow every member extra time and opportunity to complete their wellness activities by the extended deadline. ●

How to Track the Completion Status of Your Required Wellness Activities

Your Progress Wheel is available on your “My Wellness Rewards and My Required Activities” web page and shows the percentage of completion of all your required activities. Once you have completed all required wellness activities, your Progress Wheel will show 100% complete. All of your required activities are shown on your action cards on this web page.

Who is Required to Participate in the *Team Up for Health* Wellness Program?

The following members **enrolled in the PEEHIP Hospital Medical Group #14000 Plan** administered by Blue Cross and Blue Shield are required to participate in a minimum set of wellness activities in order to earn a waiver of the new \$50 monthly wellness premium.

- ◆ Members currently employed by a PEEHIP participating system, and their covered spouses, regardless of Medicare eligibility.
- ◆ A retired employee who is **not** Medicare eligible.
- ◆ A non-Medicare eligible covered spouse of any retired employee.
- ◆ A member on COBRA or on a Leave of Absence and their covered spouses.
- ◆ A Surviving Spouse who is **not** Medicare eligible.

Wellness Premium Waiver

The covered persons listed above must complete the applicable wellness activities in order to earn the waiver of the new \$50 monthly wellness premium effective October 1, 2015. The new wellness premium applies to the covered member and their covered spouse. **The covered member and their covered spouse can each earn the wellness premium waiver of \$50 for a potential wellness premium waiver of \$100.**

The Team Up for Health Wellness Program is a “Participatory” Wellness Program. The premium waiver is earned simply by participating in the program. There is no required health standard which must be met in order to earn the waiver.

The \$50 wellness premium will be applied to the monthly PEEHIP premium beginning October 2015 for members and spouses who do NOT participate or who do not complete all of the required wellness activities by the July 15, 2015 deadline. The non-participating member and/or a non-participating spouse will each have a \$50 wellness premium applied beginning October 2015.

The following are **NOT** required to participate:

- ◆ A child or an adult child dependent.
- ◆ Any PEEHIP member **not** enrolled in PEEHIP’s hospital medical group #14000 plan administered by Blue Cross and Blue Shield.
- ◆ A retired employee or covered spouse of a retired employee who is **Medicare eligible** regardless if enrolled in PEEHIP’s group #14000 plan. ●

What are the Required Wellness Activities?

If you are required to participate in Team Up for Health, you must complete both of these minimum wellness activities in order to qualify for the \$50 monthly wellness premium waiver:

- ◆ Wellness Screening
- ◆ Health Questionnaire (HQ)

Participation in one of the following additional wellness activities is required only if you are identified as a candidate for these programs and received an invitation letter from ActiveHealth in January 2015:

- ◆ Disease Management Coaching
- ◆ Wellness Coaching

You can check your completion and wellness premium waiver status online at www.MyActiveHealth.com/PEEHIP under the “My Wellness Rewards and My Required Activities” link.

Wellness Screenings

Wellness Screenings by the Alabama Department of Public Health (ADPH)

You can receive **one free** annual wellness screening by the Alabama Department of Public Health (ADPH) nurses at different sites during the year. Wellness screenings are available at worksites for employees, and at ADPH county locations throughout the State for employees and all other eligible members.

You must bring your PEEHIP insurance card to the wellness screening to be eligible for the free annual wellness screening. Visit the ADPH online calendar at www.adph.org/worksitewellness to find out when and where screenings will be offered in your area.

The screenings will measure:

- ◆ Blood pressure
- ◆ Height, weight, waist, and body mass index (BMI)
- ◆ Total cholesterol (HDL and LDL)
- ◆ Triglycerides
- ◆ Blood glucose

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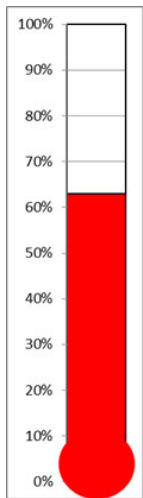
Required Activities- continued from page 2

No copay is required if an ADPH wellness coach gives you an OFFICE VISIT REFERRAL FORM to take with you to a physician's office to follow up with the abnormal results or risk factors identified during the screening process. The no copay referral is only good for 60 days from the screening date. Please ask your physician's office to use the appropriate filing code shown on the referral form.

Wellness Screenings Through Your Healthcare Provider

If you prefer for your personal healthcare provider to do your screening, you will need to have your healthcare provider complete the Healthcare Provider Screening Form which is located on the PEEHIP website at www.rsa-al.gov/index.php/members/peehip/pubs-forms/. Your healthcare provider must complete and fax or mail it to ADPH.

No copay is required for **one annual preventive routine office visit** obtained through your in-network healthcare provider. The routine lab tests for total cholesterol, triglycerides and blood glucose are covered once a year at no copay through an in-network lab. You will be responsible for the cost of other elected routine lab tests that are not a covered benefit under PEEHIP. **When you arrive at your provider's office, please ask them to verify with Blue Cross that the planned lab tests to be performed are covered as routine under your PEEHIP benefits.**



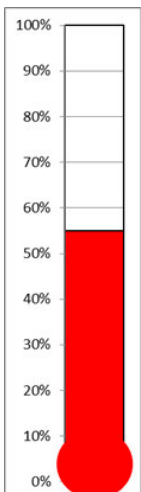
Over 100,000 required screenings completed!

Top 10 PEEHIP Employers for Wellness Screening Completion

Employer	Required Membership Screening %
Alabama Association of School Boards	100%
Geneva City	100%
Alabama Retired State Employees Association	100%
School Superintendents of Alabama	100%
Piedmont City	97%
Winfield City	95%
Lamar County	95%
Thomasville City	95%
Colbert County	94%
Clarke County	94%

Health Questionnaire (HQ)

The Health Questionnaire (HQ) is provided through ActiveHealth. The HQ provides an assessment of your overall health and helps find ways to improve your health and well-being. Log in to www.MyActiveHealth.com/PEEHIP with your self-selected user ID and password to complete the HQ online using your computer, smart phone or tablet. If you do not have access to the Internet, you can call ActiveHealth toll-free at 855.294.6580 to complete your HQ over the phone. Completing the HQ online is the preferred method.



Over 78,000 HQs completed!

Top 10 PEEHIP Employers for HQ Completion

Employer	Required Membership HQ %
School Superintendents of Alabama	100%
Council for Leaders in Alabama Schools	100%
APOSTC Law Enforcement Academy	100%
Geneva City	91%
Alabama Association of School Boards	90%
Tallassee City	86%
Lurleen B. Wallace Community College	83%
Russellville City	82%
Muscle Shoals City	81%
Auburn City	81%

Health Coaching

Wellness Coaching

Wellness coaching is provided through ActiveHealth. Wellness coaching connects members with registered dietitians, nutritionists, exercise physiologists, or other licensed counselors who can help members to build a plan for achieving healthier lifestyles. Want to eat healthier? Lose weight? Stop smoking? The coaching process offers numerous resources and services to help you maintain or improve upon a healthy lifestyle. See “How to complete wellness or disease management coaching”.

Disease Management Coaching

Disease Management is provided through ActiveHealth. The Disease Management Program focuses on five chronic illnesses and the reduction of future complications associated with these diseases: asthma, diabetes, coronary artery disease, congestive heart failure and chronic obstructive pulmonary disease (COPD).

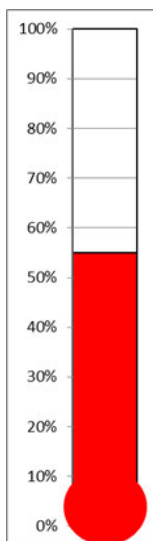
ActiveHealth connects you with a licensed nurse to work with you one on one to help manage these long term conditions. You are required to participate in disease management only if you receive an invitation letter from ActiveHealth. See “How to complete wellness or disease management coaching”.

How to complete wellness or disease management coaching - 3 options available

1. **Online:** Log in to www.MyActiveHealth.com/PEEHIP to earn 100 heartbeat units (which equals 1 heartbeat goal) of online coaching to complete your wellness coaching or disease management coaching requirement.
2. **On-site health coaching clinics:** PEEHIP now offers group health coaching sessions as a third option for members to complete their health coaching requirement. Three ActiveHealth wellness coaches are available to travel the state and lead on-site group coaching classes for any PEEHIP member, covered spouse, or retiree that would like to attend.

By attending one of these one-hour coaching sessions, PEEHIP participants will be given credit for their coaching requirement. These sessions will be held on demand at locations all over the state, so ask your school’s insurance coordinator about requesting a coaching session in your area! Retirees or spouses can call PEEHIP for available locations.

3. **Telephonic:** Due to recent extremely high call volume, please only proceed with the telephone coaching option if you do not have access to the Internet. You can call ActiveHealth toll-free at 855.294.6580. ●



**Over 34,000 enrollments
in health coaching!**

Top 10 PEEHIP Employers for Health Coaching Completion

Employer	Required Membership Health Coaching %
APOSTC Law Enforcement Academy	100%
Pike Road City	100%
School Superintendents of Alabama	100%
Council for Leaders in Alabama Schools	100%
Midfield City	82%
Tallassee City	80%
Geneva City	79%
Alabama Retired State Employees Association	75%
High School of Math and Science	73%
Lurleen B. Wallace Community College	71%