



Welcome to Choose Well, Live Well!

Visit peehip.sharecare.com or call 855.342.6809 today!

Members and spouses enrolled in the PEEHIP Blue Cross Blue Shield Hospital Medical Group #14000 Plan: Your brand new wellness program, *Choose Well, Live Well* is here! Effective October 1, 2019, Sharecare and Blue Cross Blue Shield of Alabama administer your wellness program that includes the same August 31 annual deadline, same \$50 monthly wellness premium waiver, same required activities of a wellness screening and health coaching (if identified), but much more optional and helpful benefits available at your fingertips so that you have the easy opportunity to *choose well* every day.

All members eligible for the wellness program should receive a letter from Sharecare this month that welcomes them to the program and lists their specific required activities to complete by August 31, 2020, in order to earn their \$50 monthly wellness premium waiver. If you have not received this letter by the end of October, please call Sharecare at 855.342.6809. Also, please make sure your current mailing address is updated with **both your employer and PEEHIP**.

The *Choose Well, Live Well* health coaching required activity for those identified can be completed over the phone just like

with PEEHIP's previous wellness program. Or, as an added benefit, there is also a digital coaching option called the RealAge® Program.



While not required in order to participate in this program, Sharecare has created a PEEHIP-specific member website and app, with additional helpful activities and content, specific to the individual member's needs, ready and available if you would like to access them. To use these services, first visit peehip.sharecare.com (link available October 1) and register your PEEHIP Sharecare account. Then, simply download the app and log in, or proceed to use the Sharecare website. Waiting inside are countless resources and opportunities to improve your health one step at a time, every single day. No two member experiences will be the same because the PEEHIP Sharecare app and website are customized at the individual level. The app and website will continue to become more personalized over time, the more you use it. But remember, if you do not wish to visit the website or download the app, you do not have to do so in order to earn your \$50 wellness premium waiver. ●

Get Your Flu Vaccine Today!

Influenza, commonly known as the flu, is highly contagious and is spread by coughing, sneezing, or nasal secretions. Adults can begin to infect others as early as one day before showing any symptoms and as long as five days after showing symptoms. The flu can range in severity and even causes around 36,000 deaths each year on average.

While the CDC recommends the flu vaccine is safe for most people, you should always check with your healthcare provider to see if you should get the vaccine and which type of flu vaccine would be best for you. Because the flu vaccine takes about two weeks after receiving the shot for antibodies to develop

and provide protection, flu vaccines are most effective when received prior to the flu virus spreading in your community, so don't delay – get the flu vaccine today!

Getting a flu shot is easy and convenient and is available at the options below:

- ◆ Your doctor's office
- ◆ Your local pharmacy
- ◆ The Alabama Dept. of Public Health (ADPH).
 - To see a listing of available and upcoming flu shot clinics offered by ADPH, please visit <https://dph1.adph.state.al.us/PublicCal/>

There is no additional cost or copay for any of the flu shot options. **Please remember to bring your PEEHIP ID card to whichever location you choose for your vaccine.**

Note: Members covered under the PEEHIP UnitedHealthcare® Group Medicare Advantage (PPO) Plan: Be sure to show your UnitedHealthcare® ID card at the time of getting a flu shot from ADPH, your doctor, or your pharmacy.

For more information on the flu vaccine and your available options, please visit www.rsa-al.gov/peehip/wellness/flu-shots/. ●

ON YOUR MARK, GET SET, GO! To Earn Money for Your School System!

As included in the September *PEEHIP Advisor* found at www.rsa-al.gov/peehip/publications/advisor/, Sharecare and PEEHIP are also hosting the RealAge® Challenge. This challenge runs through the end of this month (October 31), and is a voluntary state-wide competition for school systems to reach the highest percentage of eligible employees to register with Sharecare and complete the RealAge® Test. The RealAge® Test is a scientifically-backed assessment that tells you how old your body really is—not your calendar age.

This challenge provides an opportunity for members to earn money for their school system as explained below, but this challenge is an optional activity, meaning taking the RealAge® Test is not a required activity to earn the \$50 monthly wellness premium waiver.

The top three school systems with the highest percentage of registered users to complete the RealAge® Test in the month of October will win prize money from Sharecare which can be used on school supplies, resources, or other improvements the school determines most helpful.

1st place will receive \$20,000, 2nd place will receive \$10,000, and 3rd place will receive \$5,000. Additionally, any school system that has over 50 percent of eligible employees register and complete the RealAge® Test will receive \$1,000 because Sharecare and PEEHIP recognize that helping schools helps Alabama.

To get started:

1. Visit peehip.sharecare.com
2. Register your account
3. Complete the RealAge® Test

Or, you can also complete the RealAge® Test over the phone by calling Sharecare at 855.342.6809.

While this RealAge® kickoff challenge awards school systems, PEEHIP and Sharecare encourage all eligible members to take this test starting in October, even if you are not currently employed at a PEEHIP participating school system. The RealAge® Test not only provides valuable information regarding your body's true age, it also reveals what factors are contributing to making you older, and what factors are contributing to making you younger. And better yet, it provides a road map to work on those factors so that you can maximize your health and improve your wellbeing.

Miss the August 31, 2019, deadline to complete your required activities? You can still earn your premium waiver.

August 31, 2019, was the deadline to complete all required activities for the PEEHIP wellness program to earn the \$50 monthly wellness premium waiver effective October 1. This means that if you or your covered spouse were required to participate and did not complete all activities, you will incur the \$50 wellness premium this October. **However, it is still not too late to earn your waiver of the \$50 monthly wellness premium for the remainder of the plan year!** So don't delay and enjoy the wellness premium waiver – complete your required activities today by visiting peehip.sharecare.com! Once logged in, click the "Achieve" link, then the "Rewards" link to view your required activities and completion status for the 2018-2019 plan year. Or, you can also call Sharecare 855.342.6809 to check on any activities you still have remaining to complete to waive your \$50 wellness premium waiver for the rest of this plan year. Per PEEHIP policy, your waiver would begin on the 1st day of the 2nd month after you reach 100% complete. ●



For a Longer Life, Get Moving. Even a Little.

Source: *The New York Times*



Some of the greatest gains are seen when people shift from being sedentary toward ambling for even one extra hour each day.

Men and women who move around throughout the day, even if they just stroll or clean the kitchen and do not formally exercise, are less likely to die prematurely than people who almost never leave their chairs, according to a heartening new study of physical activity and mortality. The study, the largest of its kind to date, finds that any activity, no matter how modest, can reduce mortality risks, with some of the greatest gains seen when people shift from being almost completely sedentary toward rising and ambling for even an extra hour each day.

By now, none of us should be surprised to hear that movement and exercise are good for us. Many studies show links between activity and longevity, with more moving almost always tied to longer life spans.

A limitation of these past studies, however, is that in many of them, researchers asked people how active they had been in recent days or weeks, and few of us can recall in detail how we spent our time. In particular, most of us cannot accurately report how many minutes and hours we spent sitting or completing gentle, everyday activities like cooking and cleaning.

Some of those past studies, however, did equip people with activity trackers to objectively monitor their days. But most of those have tended to be small or focused only on men, women, or the elderly, making their results difficult to interpret for the general population.

So for the new study, which was published in August in the *British Medical Journal*, an international consortium of researchers decided to find, combine, and reanalyze as much data as possible

from earlier studies that had provided volunteers with activity monitors.

To start, the researchers turned to online libraries containing studies about exercise and longevity during which volunteers wore accelerometers. Out of dozens of studies, eight passed the researchers' strict criteria for methodology and reliability.

Those eight studies used slightly differing statistical methods and definitions of what constituted easy or moderate exercise and activities, though. So, the researchers contacted the authors of these studies and asked if they would reanalyze their original data, using standardized statistical methods and activity definitions.

They all agreed, and the researchers now wound up with data covering 36,383 middle-aged or older men and women from the United States, Britain, or Europe who had worn an accelerometer for several days. The data also covered each participants' general health, body mass, smoking history, and other aspects of their lives.

The researchers also had information about participants' deaths. Each of the eight earlier studies had followed people for an average of about six years, checking their names against national death records.

Now, to tease out the links between how much people moved and how long they lived, the researchers divided the 36,383 men and women into four categories, based on how often and intensely they moved. People who sat for long hours and almost never formally exercised constituted the least-active group. Those who moved about for approximately an hour or more each day, even if their activities were untaxing, made up the second-least-active group, and so on.

The researchers next compared activity levels and mortality and found, to no one's surprise, that

the men and women who were the most active were the least likely to have died. That group's risk of premature death was about 60 percent lower than for the men and women in the most-sedentary group.

More unexpected, people in the second-least-active group also were significantly less likely to have died than those in the least-active group, even though their activities consisted primarily of moseying, housecleaning, cooking, or gardening.

Over all, the researchers found, someone's chances of dying prematurely continued to drop the more he or she moved, up to a plateau at about 25 minutes per day of moderate exercise, such as brisk walking, or 300 minutes a day of light, gentle activity. Beyond that point, people did not gain additional longevity benefits, although their risks of premature death did not rise either.

The relationship between moving more and living longer remained strong even when the researchers controlled for body mass, smoking, diets, and other factors and excluded data from anyone who had died during the first two years of the follow-up period, since they might have been inactive because of an underlying illness.

Of course, this was an observational study, and does not show that being active causes us to live longer, only that the two are associated. It also looked almost exclusively at Caucasian adults.

But the findings are encouraging, says Ulf Ekelund, a professor at the Norwegian School of Sport Sciences in Oslo, Norway, who led the new study. They suggest that "all activity counts" in terms of reducing our risk of dying early, he says.

"So, walk," he advises. "Take the stairs rather than escalators. Use your bike if possible for transportation. Sit less, move more, and move often." ●

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/.

Humana Hosting Statewide Informational Meetings

Informational meetings began the week of August 26 and will conclude October 9. Medicare-eligible PEEHIP members were sent a full list of the meetings in the mail in August. Please come out to meet the Humana team and hear about Humana's Group Medicare Advantage PPO Plan for PEEHIP members! This is a great opportunity to ask questions and learn more about what your PEEHIP Humana Group Medicare Advantage PPO

Plan will offer beginning January 1, 2020. **Below are the October meeting dates.**

If you plan to attend one of the meetings listed below, please call Humana's Group Medicare Customer Service team at 800.733.3015 (TTY: 711), Monday - Friday, 8 a.m. - 5 p.m. Central Time to reserve your spot. **You are not required to RSVP to attend any of the meetings, but it is recommended.** As a reminder, all Medicare-eligible PEEHIP retirees will be sent an informational packet in the mail in November that will include medical and prescription benefit summary information. If you have questions about the plan, please contact the PEEHIP dedicated Humana line at 800.747.0008.

10/1/2019	9am	Jasper Civic Center, Activity Room	204 19th ST, Jasper, AL 35501
10/1/2019	2:30pm	Bevill State Community College, Earl McDonald Auditorium	2631 Temple Ave N, Fayette, AL 35555
10/1/2019	9am and 2pm	Holiday Inn Dothan	2740 Ross Clark Circle SW, Dothan, AL 36301
10/2/2019	9am	Bevill State Community College, Business and Community Center	1481 Military St S, Hamilton, AL 35570
10/2/2019	2:30pm	Camp McDowell Doug Carpenter Hall	105 Delong RD, Nauvoo, AL 35578
10/2/2019	9am	Geneva Chamber of Commerce, Conference Room	414 E. Magnolia AVE, Geneva, AL 36340
10/3/2019	9am	Moulton Recreation Center	13550 Court ST, Moulton, AL 35650
10/3/2019	2:30pm	The Magnolia Room	216 Moulton ST E, Decatur, AL 35601
10/3/2019	9am	Ozark Civic Center, Arena	320 East College ST, Ozark, AL 36360
10/3/2019	2:30pm	Andalusia Country Club, Ballroom	210 Country Club DR, Andalusia, AL 36421
10/4/2019	9am	Enterprise State Community College, Multi-purpose Room	600 Plaza DR, Enterprise, AL 36330
10/7/2019	9am	Alabama Southern Community College, Thomasville Campus, Tombigbee Room	30755 Hwy 43 S, Thomasville, AL 36784
10/7/2019	2:30pm	Livingston Civic Center	101 Country Club RD, Livingston, AL 35470
10/9/2019	9am	Clanton Conference and Performing Arts Center, Performance Hall	1850 Lay Dam RD, Clanton, AL 35045
10/9/2019	2:30pm	CACC, Betty Carol Graham Technology Center	1675 Cherokee RD, Alexander City, AL 35010