



PUBLIC EDUCATION EMPLOYEES' HEALTH INSURANCE PROGRAM

info



www.rsa-al.gov • email: peehipinfo@rsa-al.gov • Ph: 877.517.0020

April 10, 2020

Coronavirus (COVID-19) and Your PEEHIP Benefits

The Retirement Systems of Alabama and PEEHIP are dedicated to the health and well-being of our members. Please know that PEEHIP is carrying on business operations so that our members are taken care of during this Coronavirus (COVID-19) epidemic.

PEEHIP, BCBS, VIVA Health, and Humana have announced a series of steps aimed at protecting our members and reducing the spread of the coronavirus disease, or COVID-19. View expanded benefits here:

- ◆ [Blue Cross Blue Shield benefits](#)
- ◆ [VIVA Health benefits](#)
- ◆ [Humana benefits](#)

Wellness Screening Requirement Waived for Current Plan Year

To help members avoid any situations in which they may be at greater risk of exposure to the coronavirus, PEEHIP is waiving the wellness screening requirement for the current plan year. These waivers will display in members' Sharecare accounts prior to the end of the plan year.

- ◆ All members who are currently incomplete for this year's wellness screening in the *Choose Well, Live Well* wellness program will be given a waiver for that screening requirement.
- ◆ This screening waiver does not apply to the coaching requirement for those members that were identified for health coaching, as health coaching can be done either telephonically or online, and because health coaching provides a valuable resource to maximize health during this time of a global pandemic.
 - ◇ Members who have a health coaching requirement will receive a one-month extension which means their new deadline to complete their coaching is **September 30, 2020**.
- ◆ To access your *Choose Well, Live Well* wellness program, [click here](#) or call Sharecare at 855.342.6809.

Upcoming *Choose Well, Live Well* Webinar: Secrets to a Calm Mind

Sharecare will be offering a webinar on Thursday, April 16, at 10:00 a.m. and 1:30 p.m. CST. If you are unable to view one of the webinar times, please register for an event to receive a link to the recorded webinar.

Secrets to a Calm Mind: Finding Balance During Stressful Times

Join this webinar to learn various ways to manage stress in your life. Techniques such as mindfulness, gratitude, and deep breathing will be covered. Ways to incorporate a healthy lifestyle, along with how a healthy lifestyle can help you through a stressful time will also be discussed.

- ◆ Please register for one event as all registered attendees will receive a link to the webinar recording after the session, to view at your own convenience. Questions? Please email peehip.hps@sharecare.com.
 - ◇ **Thursday, April 16, 2020, 10:00 a.m. – 10:30 a.m. CST.** [Click here](#) to register for this webinar.
 - Or
 - ◇ **Thursday, April 16, 2020, 1:30 p.m. – 2:00 p.m. CST.** [Click here](#) to register for this webinar.

Statement of Nondiscrimination: PEEHIP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Multi-Language Interpreter Services: Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.877.517.0020 **Chinese:** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1.877.517.0020



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Have You Tried the RealAge Program?

Members enrolled in the Blue Cross Blue Shield Group #14000 Plan: There's a new way to earn points toward your \$50 monthly wellness premium waiver with the RealAge Program from Sharecare. The RealAge Program is an innovative four-week online or app-based challenge that helps you improve your health and wellness.

- ◆ After completing a short assessment, you will be prompted to pick one health factor that you would like to improve: stress, sleep, nutrition, or exercise. From there, you will set a health goal and work over the course of the challenge toward that goal, tracking at least four out of seven days each week. Please note, participation in the RealAge Program is not required to earn the \$50 waiver.
- ◆ As a reminder per the last [PEEHIP info](#) email, the current plan year wellness screening requirement has been waived, meaning all members who are incomplete for this year's wellness screening requirement no longer need to have a wellness screening by August 31, 2020.
- ◆ Registering for the RealAge Program to earn points is easy:
 1. Register at peehip.sharecare.com and create a user ID and password.
 2. Download the Sharecare app* and log in with the same user ID and password.

Some members may have registered a Sharecare account on the sharecare.com website or on the Sharecare app without first creating an account at peehip.sharecare.com. If this applies to you, you must visit peehip.sharecare.com and sign in to access your PEEHIP specific version.

*You are not required to download the app or visit the website to earn your \$50 monthly wellness premium waiver. To connect with Sharecare by phone, call 855.342.6809.

Introducing *Chews Wisely Alabama*SM

PEEHIP is excited to introduce *Chews Wisely Alabama*SM to its Blue Cross and Blue Shield of Alabama members. Please [click here](#) to view an introductory video about this exciting new program that helps us eat the foods we love while attaining better health.

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