



PUBLIC EDUCATION EMPLOYEES' HEALTH INSURANCE PROGRAM

info



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



June 8, 2020

The Summer Slim Down Challenge is in full swing! You have until June 12, 2020, to track 21 days in the green for nutrition. 250 randomly selected members who complete the challenge will win a healthy-living prize pack!

As a reminder, all current year required activities have been waived. Watch for more information in the *PEEHIP Advisor* Newsletter. While required activities have been waived, this challenge is one of the many benefits you can still participate in on the Sharecare platform through **September 30, 2020**.

If you are still not registered on the Sharecare Platform, getting started 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.

To see and access your required activities to earn your \$50 monthly wellness premium waiver, you must register at peehip.sharecare.com. For even more wellness information, join the June webinars hosted by your health promotion specialists. Ten randomly selected members who attend each webinar will receive a prize.

***Choose Well, Live Well* Webinars**

Sharecare will be offering four opportunities to attend a webinar this month. The webinar dates are below. If you are unable to view a webinar, please register for an event to receive a link to the recorded version.

Fitness for Life: Jumpstart Your Exercise Routine

Join this webinar to learn more about starting an exercise routine. We will discuss physical activity guidelines, calories, intensity levels, and tools available to you within the Sharecare platform. We will also provide a brief overview of your *Choose Well, Live Well* program.

- ◆ Tuesday, June 9, 2020, 10:00 a.m. – 10:45 a.m. CST. [Click here](#) to register for this webinar.
- Or
- ◆ Thursday, June 11, 2020, 1:00 p.m. – 1:45 p.m. CST. [Click here](#) to register for this webinar.

Finding Your Fitness: Physical Activity That Works for You

Join our webinar to discover an exercise routine that works for you. We will discuss budget friendly exercise, overcoming obstacles, 5-minute exercises, and how to track your fitness and health goals within the Sharecare platform. We will also provide a brief overview of your *Choose Well, Live Well* program.

- ◆ Tuesday, June 23, 2020, 10:00 a.m. - 10:45 a.m. CST. [Click here](#) to register for this webinar.
- Or
- ◆ Thursday, June 25, 2020, 3:30 p.m. - 4:15 p.m. CST. [Click here](#) to register for this webinar.

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.

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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June 15, 2020

PEEHIP and Sharecare are dedicated to our member's health! To avoid situations where there is a greater risk of exposure to the coronavirus, **all current year required activities have been waived**. All PEEHIP members can still access the health and wellness benefits available on the Sharecare platform, such as challenges, personalized wellness information, and monthly webinars.

Join the June webinars hosted by your health promotion specialists. Ten randomly selected members who attend each webinar will receive a prize!

Sharecare will be offering two opportunities to attend webinars this month. You can find the days and times for the webinars below. If you are unable to view one of the webinar times, please register for an event to receive a link to the recorded webinar.

Finding Your Fitness: Physical Activity That Works for You

Join our webinar to discover an exercise routine that works for you. We will discuss budget friendly exercise, overcoming obstacles, 5-minute exercises, and how to track your fitness and health goals within the Sharecare platform. We will also provide a brief overview of your *Choose Well, Live Well* program.

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Phone: 334.517.7000 or 877.517.0020
Website: www.rsa-al.gov

Mailing Address: P.O. Box 302150 Montgomery, AL 36130-2150
Office Location: 201 South Union Street Montgomery, AL