



PUBLIC EDUCATION EMPLOYEES' HEALTH INSURANCE PROGRAM

info



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November 16, 2018

Scale Back Alabama

- ◆ Mark your calendar now for Scale Back Alabama 2019. Join us for the thirteenth year of Scale Back Alabama as it kicks off on January 15, 2019. Scale Back Alabama is a free, statewide campaign that encourages adults in Alabama to get healthier by eating better and moving more.
- ◆ Teams of two (over age 18) can register early at www.scalebackalabama.com or in person at a weigh-in site.
- ◆ Schools that decide to be a weigh-in site (public or private) must register at least three teams of two.
- ◆ For more information about the Scale Back Alabama School program, please contact Molly Killman at 334.206.5646 or by email at molly.killman@adph.state.al.us.

Limited Number of Spots Remain – Join Pack Health!

- ◆ Personalized one-on-one health advisors from Pack Health are an elite benefit available right now free of charge for a limited number of PEEHIP members. Pack Health will not only help you navigate through the holiday season, but will walk side-by-side with you in 2019 to address your specific needs whether they are around prediabetes, weight loss, or chronic musculoskeletal pain. All it takes is 15-20 minutes to get started on giving yourself the gift of your healthiest you. Make this a holiday season to remember, and get started on your journey with Pack Health! Simply visit www.packhealth.com/PEEHIP or call 855.255.2362.

Healthy Holiday Eating

- ◆ If you are trying to keep with a diet during the holidays, the Centers for Disease Control and Prevention suggest following these six healthy habits. View the [PEEHIP Advisor](#) for more detailed information on healthy holiday eating.
 - ◆ Don't fill your plate
 - ◆ Keep the food in another room
 - ◆ Drink water
 - ◆ Consider healthy alternatives
 - ◆ Include dessert in your plan
 - ◆ Be active during the day

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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