

Are you ready to start feeling better and getting more out of life? Together with PEEHIP's *Team Up for Health* wellness program, you can!

PEEHIP is now working with ActiveHealth® to help you meet your health goals— at no cost to you! Here are some great ways to live well and feel better in 2018!



Wellness Screening. PEEHIP members continue to have access to one free annual wellness screening from the Alabama Department of Public Health. These screenings are provided at your worksite and local health department. You can also get an annual screening from your doctor using PEEHIP's Healthcare Provider Screening Form. Find out more at www.rsa-al.gov/index.php/members/peehip/health-wellness.



Wellness Coaching. Want to eat healthier? Lose weight? Stop smoking? ActiveHealth will connect you with a health coach to help you meet your wellness goals. You can also get help with high blood pressure, high cholesterol, stress, and staying active.



Disease Management. Talk with a licensed nurse about conditions that need extra care. This program is specially designed for people with asthma, congestive heart failure, coronary artery disease, COPD, or diabetes.



24-Hour Nurseline. Have a general health care question that just can't wait? Speak with a nurse anytime, 24 hours a day, 7 days a week. Your personal health facts will be kept confidential. To reach the nurseline, call 1-855-294-6580.



MyActiveHealth. At the center of your *Team Up for Health* wellness program is a powerful and personal health and wellness website. Visit this website for tools designed to help you reach your health goals. These include the Health Questionnaire (HQ), a Personal Health Record, Online Health Coaching and much more! Be sure to check out the MyActiveHealth website at www.MyActiveHealth.com/PEEHIP.



Health Alerts. You and your doctor may receive these alerts from ActiveHealth— letters, emails or messages on MyActiveHealth— about opportunities for you to improve your health.

Turn over for details on how to earn a waiver of the \$50 wellness premium.



2018 Monthly Wellness Premium Waiver

By completing the activities listed below, you can earn a waiver of the upcoming \$50 monthly wellness premium. If you choose not to participate, you will begin paying the premium in October 2018. The premium applies to both eligible members and covered spouses, resulting in a combined \$100 premium if the activities below are not completed.

To receive the waiver:

- **Get a Wellness Screening** between August 1, 2017 and August 31, 2018
- **Enroll in Wellness Coaching or Disease Management** if you receive a letter in October 2017. By August 31, 2018, you must complete these required activities. Log into your personal health portal at www.MyActiveHealth.com/PEEHIP to see your required activities.
 - Some PEEHIP members will be identified as candidates for a higher level of care than regular Health Coaching. These members will be required to complete at **least 4 telephonic Health Coaching** calls before August 31, 2018 in order to earn the wellness premium waiver. These members with a specific 4 coaching call requirement will be notified of their specific requirement by mail in October 2017, and their nurse will work with them

You'll be able to track your progress towards receiving the waiver online at www.MyActiveHealth.com/PEEHIP



Make sure your contact information is up to date! To ensure you receive all important PEEHIP notifications, update your mailing address, email, and phone by visiting your PEEHIP Member Online Services page at <https://mso.rsa-al.gov> or by calling 1-877-517-0020 to request an Address Change Notification form.

Stay tuned and stay healthy! Your health means a lot to you, and to those you love. So let's *Team Up for Health* and do this together! Keep watching for more news about these great new programs.

You can take part in *Team Up for Health* if your primary hospital medical coverage is through the Public Education Employees' Health Insurance Plan (PEEHIP) group #14000. *Team Up for Health* is only available for members and covered spouses. By law, PEEHIP cannot use your health facts against you in any way. PEEHIP also cannot give these facts to your employer or anyone else, unless required by law. Health information and care management programs provide general information. They should not take the place of care or advice from a doctor or other health care professional. Contact your doctor first about your health care needs.