PEEHIP is pleased to announce the launch of its new and enhanced Wellness Program effective August 1, 2014. This program includes several components and offers comprehensive health management services at no additional cost.

**Who is required to have a Health Screening?**

The wellness screening is one of the Wellness Program components. Members enrolled in any PEEHIP offered coverage will continue to be able to receive an annual health screening free of charge; however, the following members enrolled in the PEEHIP Hospital Medical Plan (group # 14000) are required to be screened in order to maintain their same premium rate:

- Active Employees
- Non-Medicare-eligible retirees
- All covered non-Medicare-eligible spouses of active employees and retirees

Members and spouses who are Medicare eligible are not required to participate and will not incur any premium increase related to this Wellness Program.

**Where can I obtain a health screening?**

Wellness screenings are offered to PEEHIP members in a variety of ways for maximum convenience.

Active employees can continue to take part in **worksite screenings** offered by ADPH nurses who will visit all school sites as they have done in the past. Sign up for a screening through your school’s nurse or wellness site coordinator. Search the ADPH online calendar at [http://dph.state.al.us/publiccal/](http://dph.state.al.us/publiccal/) to find out when screenings will be offered in your area.

All members and covered spouses can visit their **local ADPH county office** for a wellness screening. To arrange an appointment, please contact your ADPH coordinator who can be found on their website at [www.adph.org/worksitewellness/](http://www.adph.org/worksitewellness/) under the County Coordinators link.

Alternatively, all members and covered spouses can obtain a wellness screening from their **private healthcare provider** for no copay, as long as they visit an in-network provider and there is no diagnosis associated with the office visit. Please note that certain lab tests can result in applicable costs. PEEHIP’s Healthcare Provider Screening Form can be found on our website at [www.rsa-al.gov/uploads/files/PEEHIP_HCP_screening_form.pdf](http://www.rsa-al.gov/uploads/files/PEEHIP_HCP_screening_form.pdf). This form must be sent to the ADPH by mail or fax by **your healthcare provider** upon completion.

**How Does the Program Affect Your Premium Rate?**

PEEHIP members in the categories listed above who complete all the annual program requirements before the May 31, 2015, deadline will not incur a rate increase effective October 1, 2015. The wellness premium rate will be determined by the PEEHIP Board before January 1, 2015.
What other Wellness Program components do I have to complete to obtain the wellness discount?

In order to maintain the same premium rate, those members in the categories listed above must also participate in the following services that will be available January 1, 2015:

♦ Health Risk Assessment Questionnaire (HRA) - The HRA will identify opportunities to motivate behavior changes so that members can reduce health risks and prevent disease.

Those members who are identified as candidates are also required to participate in the additional services below which will serve to maximize members’ education and means of living their healthiest and most capable lifestyle:

♦ Wellness and Lifestyle Education Coaching
♦ Disease Management - Disease Management will help members who have been diagnosed with chronic disease to better manage their disease and potentially reduce complications. The chronic diseases involved are asthma, diabetes, coronary artery disease, congestive heart failure and chronic obstructive pulmonary disease (COPD). Identified candidates will be contacted and more details will be coming soon.

See the July PEEHIP Advisor for additional information. Also, PEEHIP will continue to provide information about the new Wellness Program in future PEEHIP Advisors as well as on the PEEHIP Wellness web page at www.rsa-al.gov/index.php/members/peehip/health-wellness.

Under a Federal law known as the Health Insurance Portability and Accountability Act of 1996 (HIPAA), Public Law 104-191, as amended, group health plans must generally comply with the requirement listed below. However, the law also permits state and local governmental employers that sponsor health plans to elect to exempt a plan from the requirements for any part of the plan that is “self-funded” by the employer, rather than provided through a health insurance policy. The Public Education Employees’ Health Insurance Board has elected to exempt the PEEHIP from the following requirement:

♦ Protections against having benefits for mental health and substance use disorders be subject to more restrictions than apply to medical and surgical benefits covered by the plan.

The exemption from this federal requirement has been in effect since October 1, 2005. The election has been renewed every subsequent plan year.

HIPAA also requires PEEHIP to provide covered employees and dependents with a “certificate of creditable coverage” when they cease to be covered under the Plan. There is no exemption from this requirement. The certificate provides evidence that you were covered under this Plan, because if you can establish your prior coverage, you may be entitled to certain rights to reduce or eliminate a preexisting condition exclusion if you join another employer’s health plan, or if you wish to purchase an individual health insurance policy. For more information regarding this notice, please contact PEEHIP.