



## 2007-08 Healthy Benefits Program Overview

It's working! The CIS Healthy Benefits program is saving money for everyone insured through a CIS employer-sponsored medical plan. Thank you for helping achieve this positive outcome. This two-page overview provides you and your family with a quick glimpse of additional wellness and prevention services available through the Healthy Benefits program. CareGuide (formerly The Haelan Group), an independent health consulting company, is the provider of the Health Status Questionnaire (HSQ), your personal Health Action Guide, and personalized health coaching through their One Care Street program.

### Why Should I Complete the HSQ Yearly?

Because, it is the key to continued medical cost savings for everyone insured in a CIS medical plan. Independent program review reveals that the participants have lower health claims costs after working with CareGuide Health Coaches.

It is also the gateway to the rest of the Healthy Benefits package for you and those you insure. **You must complete the HSQ to be eligible for any Healthy Benefits program.** By answering all questions *honestly*, you give yourself the best opportunity to take charge of your personal health. Completing the HSQ also helps your employer qualify for grant money from CIS to support their worksite wellness activities.

Weight Watchers, Free & Clear, Employee Assistance Program (EAP), and Health Coaching are examples of the Healthy Benefits programs available to you. See the back of this flyer for more program details.

### WIN A \$100 VISA GIFT CARD

By taking 5 – 10 minutes to complete the Health Status Questionnaire, you are automatically entered into a drawing to win one of 90 prepaid VISA cards.

*Reminder: All information is totally confidential and is seen only by you and a CareGuide One Care Street Health Coach.*

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## CIS Healthy Benefits – What Happens Next

- Complete the HSQ during your employer's Open Enrollment Period. Your Human Resource Person will advise you of worksite details.
  - CareGuide will mail you a copy of your Health Action Guide – your *personal HSQ report*. Your report is based on how you answered the HSQ questions and highlights health areas where you are doing well and areas where you may choose to improve.
  - If your HSQ answers identify certain health risks, you will receive a One Care Street letter inviting you to participate in CareGuide Health Coaching. All coaching is personal and confidential between you and the coach. You determine whether you want to participate.
  - If your HSQ answers qualify you for either a weight management or tobacco cessation program, program enrollment information will appear in your Health Action Guide.
  - Drawings for the \$100 VISA Gift Card will take place in late September/early October.
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- *CareGuide One Care Street* web-based health resources\* – includes medical self-care, online medical encyclopedia, credible website links, and access to your own HSQ information and ongoing personal health goals.
  - *Weight Watchers Program*\* – multiple options for those who qualify for a weight management program. Program qualifiers are: 1) a Body Mass Index (BMI) greater than 27, and 2) a desire to make healthy weight changes within the next 6 months. Program options include Community meetings, an At-Home Kit, or an On-line Program. Program participation is funded almost 100% by CIS Healthy Benefits for up to 6 months of active participation.
  - *Free & Clear Tobacco Cessation*\* - available for employees who want to become tobacco free within the next 6 months. The program provides phone based counseling and support for up to 12 months, written “quit motivational” materials, and *Free* nicotine replacement therapy.
  - *CareGuide One Care Street Health Coaching*\* – holistic, confidential, expert guidance from health coaches for health improvement in areas chosen by the employee.
  - *EASE Employee Assistance Program* – provides counseling and support for employees and/or their family members for personal or work related issues. EASE counselors are available for an individual, couples, or family counseling. Five (5) counseling sessions are available to employees at no cost. EASE also offers an interactive confidential website.
  - *Worksite Wellness & Screening Grants*\* – available to employer groups with funds being used to provide additional worksite wellness programs of interest and value to employee groups. Help your employer qualify for these grants through your HSQ participation.
  - *Preventive Services Birthday Card* – receive a birthday reminder card of preventive services available through your Kaiser or Regence medical plan for your age and gender (for those employer group plans that offer a preventive plan rider).

\* Programs are based on completion of the HSQ.

**For additional information on any of these program offerings, visit [www.cisbenefits.org/HB](http://www.cisbenefits.org/HB)**