

STATE AND SCHOOL
EMPLOYEES'

Life

AND

Health
PLAN

Know Your Benefits

Everything You Need for a Healthier You

Begin the process of learning more about your overall health by completing a confidential Health Risk Assessment (HRA). Obesity, lack of physical activity, stress, poor nutrition, and smoking are the nation's top health risks. Find out about your current or potential health risks.

Complete an HRA to receive:

- a comprehensive assessment of your overall health
- a personalized wellness plan
- access to lifestyle management programs
- on-line tools and education
- assistance from personal wellness coaches and on-going educational materials to guide you in making healthy changes for life

HRA responses are strictly confidential and none of the personal information you enter will be shared with your employer or the Plan. Look inside for more information on the HRA and lifestyle programs.

Know Before You GO!

When you log on to www.catalystrx.com you will now be able to know how much you will pay for your prescription before you go to the pharmacy. Catalyst Rx, the Pharmacy Benefit Manager for the State and School Employees' Life and Health Insurance Plan (Plan), has enhanced its Pharmacy Locator tool to include the ability for you to price your prescription at a specific pharmacy.

Simply click on "Locate Pharmacies" under Quick Links, enter your city and state or zip code, select the pharmacy or pharmacies that you would like pricing from, then select the green "Price Drug at Pharmacies" button and enter your prescription information. The price of your prescription will be displayed for each pharmacy. If a red button appears below the "Price" column, contact Catalyst Rx at (866) 757-7839 for more information.

You can view more detailed information about your prescription by clicking the yellow "Info" button. This screen will allow you to see possible alternative therapies that may be less expensive. You may want to talk with your physician about these alternatives.

Visiting a new pharmacy? Use the "Get Directions" option to conveniently map your way.

Motivating MISSISSIPPI Keys to Living Healthy



To help you in your quest for better health, the Plan has contracted with APS Healthcare to provide a wellness and health promotion program to participants age 18 and older. The program provides you with access to valuable tools, information, and services to assist you in making healthy lifestyle choices. The program is available at no cost to Plan participants.

The Plan's annual wellness benefit increased to \$1,000 in 2008 for participants who complete a Health Risk Assessment (HRA). These services are not subject to the calendar year deductible. **If you do not complete an HRA, you will not be eligible to receive any adult wellness and preventive service benefits.** This benefit was expanded to help you better manage your health through prevention, early detection, and early intervention before a serious disease develops.

In order to be covered, wellness/preventive services must be performed by a participating AHS State Network provider. You must complete a new HRA each year prior to your wellness visit to be eligible for the benefit. Any unused benefit amounts do not carry over to the next year. Please remember that any amount over the \$1,000 maximum is not covered and does not apply to your calendar year deductible.

Your Life, Your Health

The **Motivating Mississippi—Keys to Living Healthy** program has a dedicated team of nurses, dieticians, and counselors from APS Healthcare that can help you learn how to improve your health and quality of life through personal support and educational materials. You now have access to personalized lifestyle programs to address specific health concerns, personalized wellness coaching, as well as online tools and education such as virtual health coaches, a goal setting tool, portion control tool, food tradeoffs tool, cookbooks, medical library, and exercise/stretching video clip libraries. **Among the many resources available, Motivating Mississippi—Keys to Living Healthy includes four customized lifestyle programs available to fit your situation and specific needs. The four programs, Relax, Balance, Breathe, and Nourish are free, confidential, and can help change your life!**



Relax...

At Times, Life Can be **OVERWHELMING**

Money matters, family issues, health concerns...sometimes it's hard to handle it all.

RELAX is a 5-week program that can help reduce stress and anxiety brought on by such everyday things as work, school, family, health, relationships, and finances. It will help you identify where your stress comes from and provide information about support networks and different ways to manage stress and stress-related symptoms like headaches, irritability, and sleep problems.

Nourish...

The Ins and Outs of **Eating Healthy**

With all the diets out there, sometimes it's hard to tell what's healthy. High protein? Low fat? Low carbohydrate?

NOURISH is an 8-week nutrition program that will help you make healthy eating decisions and change unhealthy eating behaviors by exploring eating patterns, and providing tips for dealing with trouble spots. **NOURISH** also provides helpful information on nutrition, appropriate serving sizes based on your health needs, and how to prepare healthful meals.

Breathe...Easier

Tobacco use, particularly smoking, remains the number one cause of preventable disease and death in the United States. According to the Centers for Disease Control, an estimated 46.5 million adults in the U.S. smoke cigarettes, even though this single behavior will result in death or disability for half of all regular smokers.

BREATHE is a program designed specifically to help you stop smoking based on your chosen quit date. The program teaches you about the seven key characteristics that predict success, such as ability to cope with stress, prior quitting experiences, and support from family and friends. Most importantly, the program gives you customized strategies for overcoming barriers and provides effective steps to help you through withdrawal.

Balance...

Get Fit, Feel Great!

Making the decision to start exercising is an important step in living healthy. People who exercise regularly are more likely to experience overall feelings of well-being and good health. What do you want to get out of an exercise program? Higher aerobic threshold? More flexibility and strength? Weight control? Stress control?

BALANCE is a 6-week program that helps you with the three parts of successful, long-term weight loss: nutritional habits (food); physical activity patterns (body); and the psychological, emotional, and behavioral patterns (mind) that influence them. **BALANCE** is not a one-size-fits-all approach, but instead will teach you how to make your own smart decisions about managing weight. The program will look at health and medical history, body image, prior weight loss experiences, and much more.

ARE YOU READY?

It all starts with your Health Risk Assessment (HRA). To complete the HRA, log on to www.healthytogether.net/mississippi, or call APS Healthcare at (877) 289-9109. The HRA can also be accessed through a link on the State and School Employees' Life and Health Insurance Plan's website at <http://knowyourbenefits.dfa.state.ms.us>.

