

HealthbyChoice Incentives

Get rewarded for being, getting and staying healthy, **Consumers Energy employees.**

Are you interested in reducing your health insurance costs by embracing healthier living? **HealthbyChoice IncentivesSM** is a health plan that rewards you for making healthy choices.

It's easy to qualify for the money-saving **Choice/Preferred** benefit level. You and your covered spouse* just need to complete a few easy steps:

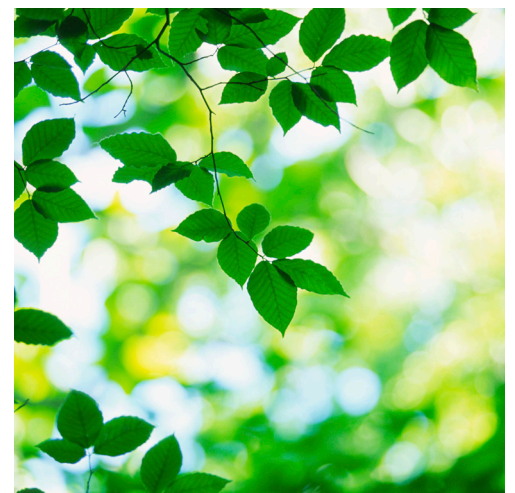
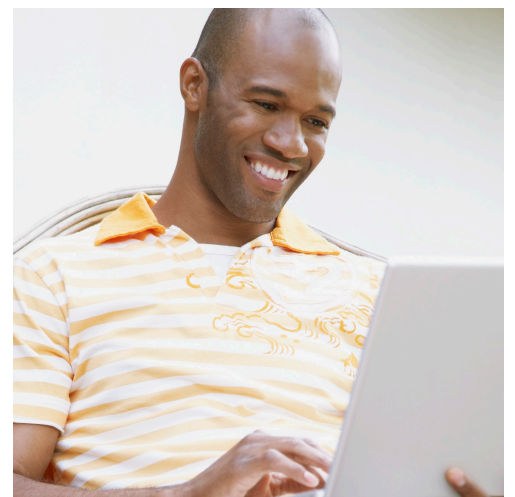
Step 1: Visit your doctor — Deadline: April 30, 2014

Step 2: Complete an online Health Assessment — Deadline: April 30, 2014

Step 3: Call your personal health coach — Jan. 1, 2014 through April 30, 2014

** If applicable*

[Get started >](#)





Visit your doctor

Deadline: April 30, 2014

Have your doctor complete your **HealthbyChoice Incentives** qualification form to confirm you meet the following **health indicators**:

- No tobacco use of any kind.
- Blood pressure under 140/90.
- Body mass index (BMI) under 30.

If you don't meet one or more of the health indicators, you can still retain Choice-level benefits if your doctor confirms you've met the following requirements by **April 30, 2014**:

- Complete a fasting cholesterol test.
- Complete a fasting blood sugar test.
- Agree to develop and follow your doctor's health improvement plan.

How HealthbyChoice Incentives works:

All members will start at the Choice/Preferred level of benefits. To remain at this level for the entire plan year, you and your covered spouse* must complete the required steps.

Choice/Preferred benefits — This level offers you lower copayments, deductibles and out-of-pocket costs, which save you money!

Standard benefits — Comprehensive health care coverage with traditional copayments and out-of-pocket costs.

* If applicable



Complete a Health Assessment

Deadline: April 30, 2014

- Log in at priorityhealth.com/cmsenergy and take the online Health Assessment. Please keep a printed copy of your completed survey.

Note: *Employees, pre-Medicare retirees and covered spouses who have a Body Mass Index (BMI) of 30 or greater and/or use tobacco, you must complete Step 3.*

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Step 3

Call your personal health coach

Jan. 1, 2014 through April 30, 2014

Call a health coach to review, set and commit to a health improvement plan. You can call anytime after completing Steps 1 and 2, but no later than **April 30, 2014**.

To ensure the health coaches have your most recent information available for this call, we encourage you to complete Steps 1 and 2 early.

- If your BMI is 30 or more, or if you use tobacco, you must call one of our health coaches at 855.357.3112.
- Your personal health coach will discuss and educate you on wellness programs available to you. Consider your coach your cheerleader who will partner with you to establish a wellness plan that will work for you (of course, you should always consult with your doctor before beginning any exercise program).
- Tobacco users will be encouraged to participate in an online tobacco cessation program.
- For your convenience, Priority Health and your employer offer a wide range of wellness programs to choose from. Wellness programs include, but are not limited to:
 - Weight management programs (Weight Watchers or Jenny Craig-discounted programs).
 - Learn about “fitbug”*— a movement tracker and motivation device.
 - Fitness club discounts and exercise routines.
 - Consumers Energy on-site workout rooms.
 - Consumers Energy athletic trainers.
- You are encouraged to participate in a wellness program. Call your health coach to determine which plan is best for you.

Note: You and/or your covered spouse must complete all the required **HealthbyChoice Incentives steps** by April 30, 2014, or you'll be enrolled at the Standard benefit level effective May 1, 2014.

**If you already have a fitbug device, we will not re-issue.*

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Involve your spouse.

Couples working together toward shared health goals get better results.

We'll be in touch.

We'll keep you updated with reminders, helpful information and any changes to your benefit status.



Reconnect with your personal health coach

- You or your covered spouse can always call 855.357.3112 while participating in a wellness program.
- Your health coach will encourage you to continue down your journey toward a healthier lifestyle.

Questions?

We have answers. Don't hesitate to call us at [800.956.1954](tel:800.956.1954). Our phone number is also on the back of your ID card.

It's that easy.

And don't be shy. Go ahead. Share your successes! Celebrate how hard you've worked! You deserve it!



Our health coaches are here to help. Each specially-trained health coach at Priority Health has a minimum of five years of clinical experience.

