

September, 2005

Healthy Lifestyle Solutions Incentive Program

Dear MCSIG Member:

The Board of Directors of MCSIG is committed to maintaining affordable premiums for our member districts and individual members. Providing members with incentives for healthy lifestyle choices that reduce risks of illness and help to contain costs is part of that commitment.

MCSIG is proud to announce an exciting new benefit-linked incentive program. The Healthy Lifestyle Solutions Incentive Program is an innovative approach to improving the health of our members while helping reduce preventable costs for us all. The program works by awarding points for health actions and the resulting health status improvement. Members can earn either Gold \$300 = 205 points, Silver \$200 = 175 points or Bronze \$100 = 130 points rewards. The rewards can be applied towards out-of-pocket medical or dental/vision expenses. Unused incentive rewards roll over to the next year.

The program is offered at no cost to our members and is completely voluntary. The initial trial program kicks off in September, 2005. You will have up to 18 months to progress through a three-step process to earn rewards. The first step is to register and be approved for the program. The program is limited to the first 500 active employees with MCSIG benefits to apply. The second step is to complete a confidential personal wellness profile (health risk appraisal) which includes health screenings with immediate results. Suggestions are then made for improvement and health promotion program resources are matched to the health needs of each participant. The third and final step is to take action on the suggestions. This is where we ask you to accept some responsibility for your health and establish a personal health improvement plan. However, you won't be alone. We realize the workplace has a big influence on your health and wellbeing, and we are working with the districts to provide organizational support to help you sustain your healthy practices. The more health actions that you complete, the more rewards you can earn. Please review the attached packet for more details.

I encourage you to be part of the healthy solution to reducing health care costs for all of our school members.

Please complete and return the enclosed application as soon as possible.

Sincerely,

David Barrett
Executive Director

cc: MCSIG Board

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