



April 10, 2020

### Coronavirus (COVID-19) and Your PEEHIP Benefits

The Retirement Systems of Alabama and PEEHIP are dedicated to the health and well-being of our members. Please know that PEEHIP is carrying on business operations so that our members are taken care of during this Coronavirus (COVID-19) epidemic.

PEEHIP, BCBS, VIVA Health, and Humana have announced a series of steps aimed at protecting our members and reducing the spread of the coronavirus disease, or COVID-19. View expanded benefits here:

- ◆ [Blue Cross Blue Shield benefits](#)
- ◆ [VIVA Health benefits](#)
- ◆ [Humana benefits](#)

### Wellness Screening Requirement Waived for Current Plan Year

To help members avoid any situations in which they may be at greater risk of exposure to the coronavirus, PEEHIP is waiving the wellness screening requirement for the current plan year. These waivers will display in members' Sharecare accounts prior to the end of the plan year.

- ◆ All members who are currently incomplete for this year's wellness screening in the *Choose Well, Live Well* wellness program will be given a waiver for that screening requirement.
- ◆ This screening waiver does not apply to the coaching requirement for those members that were identified for health coaching, as health coaching can be done either telephonically or online, and because health coaching provides a valuable resource to maximize health during this time of a global pandemic.
  - ◇ Members who have a health coaching requirement will receive a one-month extension which means their new deadline to complete their coaching is **September 30, 2020**.
- ◆ To access your *Choose Well, Live Well* wellness program, [click here](#) or call Sharecare at 855.342.6809.

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### Upcoming *Choose Well, Live Well* Webinar: Secrets to a Calm Mind

Sharecare will be offering a webinar on Thursday, April 16, at 10:00 a.m. and 1:30 p.m. CST. If you are unable to view one of the webinar times, please register for an event to receive a link to the recorded webinar.

#### Secrets to a Calm Mind: Finding Balance During Stressful Times

Join this webinar to learn various ways to manage stress in your life. Techniques such as mindfulness, gratitude, and deep breathing will be covered. Ways to incorporate a healthy lifestyle, along with how a healthy lifestyle can help you through a stressful time will also be discussed.

- ◆ Please register for one event as all registered attendees will receive a link to the webinar recording after the session, to view at your own convenience. Questions? Please email [peehip.hps@sharecare.com](mailto:peehip.hps@sharecare.com).
  - ◇ **Thursday, April 16, 2020, 10:00 a.m. – 10:30 a.m. CST.** [Click here](#) to register for this webinar.
  - Or
  - ◇ **Thursday, April 16, 2020, 1:30 p.m. – 2:00 p.m. CST.** [Click here](#) to register for this webinar.

**Statement of Nondiscrimination:** PEEHIP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Multi-Language Interpreter Services: Spanish:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.877.517.0020 **Chinese:** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1.877.517.0020