



PUBLIC EDUCATION EMPLOYEES' HEALTH INSURANCE PROGRAM

info



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PEEHIP members, start the year off right by putting your health first with your *Choose Well, Live Well* wellness program offered by PEEHIP in partnership with Sharecare and Blue Cross Blue Shield of Alabama.

The *Choose Well, Live Well* wellness program offers tools, trackers, advice, and encouragement to help you live a healthier lifestyle. Plus, you can track the completion status of your required activities and the completion status toward earning your \$50 monthly premium waiver by visiting peehip.sharecare.com. You may also do this by using the exclusive PEEHIP version of the Sharecare smartphone app.

Getting started is easy:

1. Register at peehip.sharecare.com and create your user ID and password.
2. Download the Sharecare app from your smartphone's app store and log in with your registered user ID and password.
 - ♦ If you prefer not to visit the website or download the app, you can also access the *Choose Well, Live Well* wellness program by calling Sharecare at 855.342.6809.

Looking to stay motivated to maintain a healthier lifestyle this New Year? Sign up for the February 5k-a-Day Steps Challenge and get rewarded for taking steps towards becoming a healthier, happier you. Track 5,000 steps a day for at least 21 days in February to complete the challenge. Finishers will also be entered to win one of 100 available wellness prize packs!

To participate in this challenge:

- ♦ Log in to your account at peehip.sharecare.com.
- ♦ Select the **Achieve** icon and navigate to **Challenges**.
- ♦ Select **Upcoming** from the dropdown box in the upper right corner.
- ♦ Select the February **5k-a-Day Challenge** and **Join Now**.
- ♦ Participation is **not** a required activity to earn your \$50 monthly wellness premium waiver.

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