

motivating
MISSISSIPPI



keys to living healthy

State and School Employees' Health Insurance Plan

2008 Changes in Adult Wellness Benefits! *Have You Heard?....*

You can get up to \$1,000 in free wellness benefits by following these simple steps:

1. In 2008, complete your *Succeed* Health Risk Assessment (HRA) prior to your wellness visit. The HRA may be accessed by going to www.healthytogether.net/mississippi
2. Schedule your wellness appointment with a participating AHS State Network provider.
3. Take the list of allowable wellness/preventive services for your sex/age group to your participating provider. This list can be found at: <http://knowyourbenefits.dfa.state.ms.us> under Wellness/Preventive Coverage – Adult Care. Remind your provider to file this claim as a wellness visit.
4. Remember that you must complete an HRA to qualify for the \$1,000 benefit! An HRA must be completed each year; so even if you completed an HRA in 2007 you must complete another one in 2008 to qualify for the benefit. *If you do not complete an HRA, you will not be eligible to receive any adult wellness and preventive service benefits.*
5. Be sure to take advantage of all the health and wellness programs available to you at the *HealthyTogether* web site!