

Extra resources  
at no extra cost

## We're here to help

### *Motivating Mississippi – Keys to Living Healthy* is an exciting resource for participants of the Mississippi State and School Employees' Health Insurance Plan

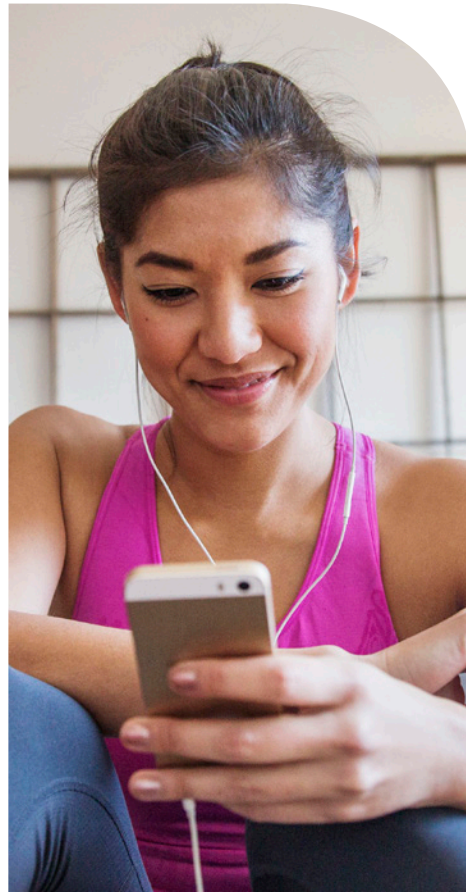
To help you achieve your health goals, we're offering you special programs and resources through our partnership with ActiveHealth Management.

#### To help you stay healthy and well, we offer:

- Digital Coaching
- A Personal Health Record
- A Health Assessment
- Health Alerts called *Care Considerations*
- A Weight Management Program
- A Tobacco Cessation Program
- The ActiveHealth Maternity Management Program

#### If you have a long-term health condition, we provide:

- Case Management
- Informed Care Management



Remember, there is no additional cost to you for any of these programs. So be sure to take advantage of them and make this year your healthiest yet!

Your health information is private and confidential.



MISSISSIPPI STATE & SCHOOL EMPLOYEES'  
LIFE AND HEALTH INSURANCE PLAN



 [myactivehealth.com/mississippi](http://myactivehealth.com/mississippi)

 1-866-939-4721

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What's on  
**your** personal  
to-do list?



# Motivating Mississippi – Keys to Living Healthy

## Resources to help you reach your health goals

### Want to stay healthy and feel your best? Now you can at no extra cost

#### Access the *Motivating Mississippi — Keys to Living Healthy* website

At the center of your Plan is a website powered by MyActiveHealth to help you keep your important health information — like medical history and future doctor's appointments — in one handy place. It also has fun and informative tools to keep you engaged with your health. **Log in at [myactivehealth.com/mississippi](http://myactivehealth.com/mississippi).**

#### Fill out your Personal Health Record and Health Risk Assessment

These tools capture an important piece of your health and lifestyle picture, so you can receive health alerts, assessments and health “to-do’s” that are personalized just for you. Fill them out at the Motivating Mississippi website, by phone or on paper. **Call 1-866-939-4721 to learn more.**

#### Stay safe with Care Considerations

Wouldn't it be great if someone helped you and your family get the best and safest health care possible? ActiveHealth uses a special technology to watch over the care you get and the medicines you take. The system may notice medicines that shouldn't be taken together, or it might suggest a test or screening that could help you. When this occurs, ActiveHealth lets you and your doctor know with a letter called a *Care Consideration*.



#### Participate in the Weight Management Program

If you're struggling with your weight, and your BMI is 30 or higher, this program can help you take control of your fitness and nutrition for long-term weight management.

**To learn more, call 1-866-939-4721, option 2, option 7.**



#### Quit tobacco today and save!

You'll work with a health coach who will provide the support you need. You may even be eligible for free tobacco cessation medications. **Call 1-866-939-4721, option 2, option 7.**



#### If you're expecting a baby, try The ActiveHealth Maternity Management Program

You'll work with a registered nurse over the phone through our ActiveHealth Maternity Management Program. Your nurse coach will help you navigate the changes of pregnancy and understand the needs of your baby and yourself.

**To get started, call 1-866-939-4721, option 2, option 3.**

Call as soon as you learn you are pregnant.

### If you have a long-term condition or need more specialized care, try these programs:



#### Get help for complicated health issues with Case Management

Do you have long-term or frequent hospital stays? Do you need home health care or other special services for long periods? A registered nurse will work with you one-on-one to help you understand the kind of care you need and make sure you know where to find the right treatment.

**Call 1-866-939-4721, option 2, option 1 to learn more.**



#### Get support for long-term health conditions with Informed Care Management

Do you have a chronic condition such as diabetes, coronary heart disease or asthma? You can have a registered nurse as your personal health coach. This one-on-one support doesn't replace your doctor, it's just a little extra help from a nurse who's available on your schedule. **Get started now by calling 1-866-939-4721, option 2, option 2.**

#### For certification

Advance approval (also called “certification”) is required for hospital admissions and some outpatient services. Read your Plan Document to learn more. Either you or your doctor can call toll-free for certification at:

**1-866-939-4721, option 1, Mon. - Fri., 7AM to 7PM, CT.**

Your doctor can also fax a request to **1-866-617-4900.**

