

Mississippi State and School Employees'
Health Insurance Plan

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

 myactivehealth.com/mississippi

 1-866-939-4721



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

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



**Make this year your
healthiest yet!**



Stay on track and up to date

Reach your goals

Manage your weight, quit smoking, enjoy a healthier pregnancy and more with our programs.

Focus on you

Know how you're doing with your Health Assessment and Personal Health Record.

Get motivated

Digital coaching and alerts help you focus on your health.

Manage long-term conditions

Our Case Management and Informed Care ManagementSM programs help you with every step.

Stay connected to your health — wherever you go.

Download the ActiveHealth™ app to get action plans, fitness tips, personal coaching and more. Email mobilesupport@activehealth.net to learn more.

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

- With the MyActiveHealthSM website, keep important health information — like medical history and doctor appointments — all in one place.
- It also has fun, informative tools to keep you engaged with your health.

Log in at myactivehealth.com/mississippi.



Create a custom health experience with useful tools

- Complete your Personal Health Record and Health Risk Assessment to tell your health and lifestyle story.
- Fill them out at the Motivating Mississippi website, by phone or on paper.
- Get personalized health alerts, assessments and health “to-do’s.”

Call 1-866-939-4721 to learn more.



Stay safer with our special technology

- The ActiveHealth system helps you and your doctor monitor your care and medicines.
- The system may notice drugs that shouldn’t be combined, or suggest a helpful test or screening.
- When this happens, ActiveHealth sends you and your doctor a *Health Action* letter.



Manage your weight

- Struggling with your weight and have a body mass index (BMI) of at least 30? Our Weight Management Program can help.
- Take control of your fitness and nutrition for long-term results.



Quit tobacco today

- You'll work with a health coach who will provide the support you need.
- You may even be eligible for free medications to help you quit tobacco.



Navigate your pregnancy

- As soon as you learn you're pregnant, sign up for our ActiveHealth Maternity Management Program.
- You'll work with a registered health coach by phone to understand the needs of your baby and yourself.

To learn more about these programs, call 1-866-939-4721 and follow the prompts.
Or visit myactivehealth.com/mississippi.

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Resources to help you reach your health goals

For long-term conditions or specialized care, contact ActiveHealth



Get help for
complicated
health issues

Do you have long-term or frequent hospital stays? Do you need home health care or other special services for long periods? A case management nurse will work with you one-on-one to help you understand and get the care you need.



Get support for
long-term health
conditions

For chronic conditions like diabetes, coronary heart disease and asthma, get one-on-one support on your schedule. The Informed Care ManagementSM program doesn't replace your doctor or provide medical care. It's just a little extra help from a personal health coach.



Get advance
approval

- Advance approval (also called “certification”) is required for hospital admissions and some outpatient services.
- You or your doctor can call toll-free for certification at **1-866-939-4721, option 1**.
- Your doctor can also fax a request to **1-866-617-4900**.



Remember, there's 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.



**To learn more about these programs, call
1-866-939-4721 and follow the prompts.
Or visit myactivehealth.com/mississippi.**

The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific healthcare needs or would like more complete health information, please see your doctor or other healthcare provider.

This material is for informational purposes only and is not an offer of coverage. It contains only a partial, general description of plan benefits or programs and does not constitute a contract. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Information is believed to be accurate as of the production date; however, it is subject to change.

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