

# HealthVoice

A Newsletter Provided by HealthChoice

Spring 2014

## Don't Trash Your Cash!

### Don't Overlook Your \$200!

Did you register for **H.E.L.P. ✓**, have your preventive office visit, but then did not receive your \$200 check?

### Be Aware - Open Your Envelope!

You may have misplaced or thrown away your \$200 incentive check because you did not realize the envelope containing your *Explanation of Benefits* (EOB) also included your check.

It is also possible your check was sent to the wrong address. Always verify your address to ensure proper receipt of HealthChoice mailings.

### Don't Miss Out!

It is a new year, which offers you another chance to choose a healthy lifestyle. Use this \$200 to buy a new pair

of walking shoes or apply it toward a gym membership, fitness classes or trainer fees. You can use it as you please!

Take advantage of this health initiative, which promotes wellness through preventive health care and a positive doctor-patient relationship.

Primary HealthChoice health plan members, age 20 or older, who are not on a HealthChoice Medicare Supplement or the HealthChoice USA Plan, are eligible to participate in **H.E.L.P. ✓** 2014.

You must register online at [www.healthchoiceok.com](http://www.healthchoiceok.com) each plan year before you can successfully complete the program. Then, schedule an appointment with a HealthChoice Network Provider and complete your free comprehensive preventive care visit. Don't wait—register today!

## HealthConnect....One Click Away - HealthConnect/OU HRA

What do the tobacco-free Attestation, the health risk assessment, and **H.E.L.P. ✓** all have in common? They can all be accessed through HealthChoice HealthConnect! When you register for HealthConnect, as a HealthChoice member, you can also track claims history, review your health benefits, and have quick and easy access to the *Frequently Asked Questions*.

High blood pressure, high cholesterol, and/or a family history of heart disease, stroke, or diabetes are all serious health risks that can be reduced through a healthy lifestyle. HealthChoice is here to help. We are proud to announce the new health risk assessment (HRA) offered to HealthChoice members through its partnership with the University of Oklahoma Health Sciences Center.

The voluntary assessment informs you of any risks you have and also helps you live a healthier lifestyle through education, resources, and individualized plans to get you on the right track for a healthier you. Some features of the HRA include a personal profile, preventive services history, health risk appraisal, wellness plan, activity log and medication list.

Register for HealthConnect at [www.healthchoiceok.com](http://www.healthchoiceok.com) and start living a better tomorrow, today!

## APS Healthcare Receives URAC Health Utilization Management Accreditation

APS HealthCare, Inc., HealthChoice's certification administrator since January 2009, has been awarded Health Utilization Management Accreditation from Utilization Review Accreditation Commission (URAC). URAC standards provide assurance to patients

and providers that the practices of the organization performing these services are fair and equitable for all parties. This demonstrates a commitment to quality and accountability for utilization management services for all HealthChoice members. Congratulations to APS!