



## How you hear from us is up to you

Name:

Mobile phone number:

Age:

Date of birth:

Email:

Are you enrolled in the MS state health plan?

Yes

No

May ActiveHealth send text messages to your mobile phone?\*

Yes

No

May ActiveHealth use email to stay in touch with you?\*

Yes

No

Have you used the ActiveHealth mobile app?

Yes

No

Have you registered on MyActiveHealth.com/Mississippi?

Yes

No

Would you like to talk to a health coach about managing your weight?

Yes

No

Do you want to talk to a nurse to help manage your:

Diabetes

Asthma

COPD

CAD

CHF

What's the best day/time to call?



Wellness programs are sponsored by the Mississippi State and School Employees' Health Insurance Plan health initiative, Motivating Mississippi – Keys to Living Healthy and ActiveHealth Management, the Plan's wellness vendor.

\* Standard data fees and text messaging rates will apply based on your mobile phone carrier. Please note that text messages can sometimes be accessed and viewed by others. For this reason, we won't use text messages to send you anything that includes protected health information.

\*\* If you choose not to use email or text messages, ActiveHealth will contact you by U.S. mail or telephone. No matter what you decide, your health benefits will stay the same.