



LIVE LIFE WELL

Your wellness program shows you the way.



Sign Up Today to Test at a Lab!



Easy
at a lab



Free
for all employees



Confidential
your employer
won't see it



Rewarding
earn up to \$250 in
gift cards

A New Version of You Is Waiting.

Our program helps identify your health risks:

Health Evaluation

- Total cholesterol, HDL, and LDL
- Triglycerides and fasting glucose
- Height, weight, and waist circumference
- Blood pressure

Health Assessment

- Eating and exercise habits
- Sleep routines
- Emotional patterns
- Heart risks and more

Sign Up Now — It's Simple!

- 1 Go to myinteractivehealth.com.
- 2 New user: enter code **Y6C5T**.
Returning user: log in with user ID and password.
- 3 Click on "Schedule Now" and select a lab location convenient for you.

No need to wait for paperwork! Receive a code on your mobile device and present it to the lab technician, or you can download your lab requisition, print and bring it to the lab. Or call (800) 840-6100 to receive your paperwork by email, or by the U.S. mail (regular mail will take about one week).



*To receive your lab code, select a participating lab displaying this icon when registering online.

More information 

DISCOVER A HEALTHIER, HAPPIER YOU.

Get there with your wellness program.

Save Time, Paperwork and Postage!

When you register online you will be prompted to complete your health assessment. Follow the prompts until you are finished and then click SUBMIT. If you registered by phone you can go online following the instructions on the previous page. After you log in you will be able to access your health assessment from the home page.

If you choose to have your lab requisition and paperwork mailed to you, it will take about one week to arrive. If you did not complete your Health Assessment online, please complete the paper form in your packet and mail it to Interactive Health.

Things to Know

- You must use a lab that is listed in your paperwork. Addresses and phone numbers will be provided.
- Appointments are not required at most labs. We suggest that you call the lab in advance to confirm its hours of operation and whether an appointment is recommended.
- **Please fast 12 hours before your test.** Drink plenty of water – no food or other beverages. If you are diabetic, pregnant, on medication, or have a medical condition that will prevent you from fasting 12 hours, please follow your doctor's instructions regarding fasting.

Please return all paperwork and complete your lab blood draw by December 13, 2019.

Your Healthy Activities program year ends December 31.

Tap In to Program Perks.

- Find out if you have any health risks.
- Get action plans and recommendations based on your health needs.
- Connect with a health coach.
- Track food, exercise, sleep, mood, and more — on any device.
- Take part in on-demand workshops and webinars.

Want to Join In?

This program is free to all employees.

It pays off!

Earn points by completing healthy activities throughout the year to earn up to \$250 in gift cards, redeemable through the Interactive Health portal! Look for the green "Redeem Now" button in your Action Plan tab.



Download the
My Interactive Health app.

Always private and secure — it's the law!

Personal information that you provide, and health data obtained through your Health Evaluation will only be used by Interactive Health to provide you with personally relevant information. Interactive Health will not, under any circumstances, share this information with your employer. In addition, Interactive Health will not sell or rent information to any outside third party. We respect the privacy of all our members.

Reasonable alternative standard information

Incentives may be available under this wellness program for all eligible employees. If you are unable to participate, which is required for you to earn an incentive under this wellness program, you may qualify for an opportunity to earn the same incentive through an alternative course of action. This alternative course of action must be completed by 12/13/2019. Please contact Interactive Health at least two weeks prior to this date at (800) 840-6100 or rasrequest@interactivehealthinc.com to ask about a reasonable alternative standard to qualify for the incentive.

Questions?

Call Member Services at (800) 840-6100