

Dunn Construction 2019 Program Overview

Welcome to Dunn Construction's 2019 Wellness Program! Learn your current health status through a health evaluation and health assessment. Below are ways you can earn points throughout the program year to qualify for an incentive. Visit www.myinteractivehealth.com to review your plan, points earned, and complete the activities below.



Healthy Activities

Value

Frequency

Biometric Screening & Health Assessment	175	4 per campaign
Preventive Exam or Cancer Screening	50	4 per campaign
Quarterly Challenge	100	4 per campaign
Online Workshop	25	4 per campaign
Be Tobacco Free	50	1 per campaign
Treasure Hunt Quiz	25	1 per campaign
Birmingham Corporate Challenge	50	7 per campaign

TOTAL POINTS POSSIBLE: 1300

GOAL: 1075

Get Started!

myinteractivehealth.com

First time users register with Sponsor Code **Y6C5T.**

Incentive

Earning 1075 points will earn you \$250, redeemable through the Interactive Health portal for gift cards.

Program Components

Action Plan:

Complete the activities on your Personal Health Action Plan to earn points for an incentive! There are numerous ways for you to achieve points. Your health is worth real wealth!

Biometric Screening:

If you participated in the January 2019 biometric screening, then you have already received credit for a screening for this program year. If you missed out, you can still participate by going to LabCorp. Please refer to the Test at a Lab flyer for more information.

Preventive Exam or Cancer Screening:

Examples include: Annual physical, pap smear, prostate exam, colonoscopy, flu shot, vaccines, or skin cancer screening.

Wellness Challenges:

Improve your lifestyle, exercise, and nutritional habits by participating in one of the remaining challenges: Water Works (June-July) and Exercise Happiness (October-November). More information to come!



Have a specific health issue you want to address?
Complete a workshop!



Interested in knowing your trends?
Track your mood, cardio, steps, food, water, and sleep!



Prefer to connect online?
Get answers instantly from a Health Coach using our chat!



Unable to participate in activities with * on the Action Plan to meet your points goal? Review your Personal Health Action Plan (PHAP) to see all of the ways that you can earn points towards your incentive. If you are unable to meet your health goals or participate in activities with * above, you may qualify for an opportunity to earn the same incentive through an alternative course of action. Please contact Interactive Health no later than 4 weeks prior to the end of the campaign at (800) 840-6100 or at rasrequest@interactivehealthinc.com to request a reasonable alternative standard to qualify for the incentive.

