



Got questions about
your wellness program?

Need answers?

Look no further!

Is there more to my program than just a health evaluation? Yes!

You have access to:

- Members only wellness website www.myinteractivehealth.com offering great tools and resources
- Personal Health Report explaining your health evaluation results (mailed to your home and available on the member website)
- Monthly health newsletters and webinars
- A medical encyclopedia with information on symptoms, diseases, treatments and more
- Lifestyle health coaching courses: one-on-one, telephonic, confidential health coaching. Course options include:
 1. Tobacco-Free for Life
 2. Diabetes Prevention and Control
 3. Lifestyles for Successful Weight Loss
 4. Managing Cholesterol Levels
 5. Managing and Preventing High Blood Pressure
 6. Better Nutrition
 7. Personalized Fitness
 8. Achieving Balance
 9. Why Managing your Medication Matters
 10. Getting a Goodnight's Sleep

What is a Six Month Re-Check

A six month re-check is a great chance to check your health status (and assess your progress) between annual health evaluations. The six month re-check:

- Is offered to all Interactive Health members who completed a health evaluation during the most recent health evaluations
- Is available at off-site lab facilities only
- Provides you with a chance to check your health status. It includes a lab report mailed to you that assesses the following metrics (results are also available online):
 - Fasting Glucose
 - Total Cholesterol
 - Triglycerides
 - HDL Cholesterol
 - LDL Cholesterol

Interactive Health will not calculate a new Personal Health Score. The purpose of the re-check is to give you an opportunity to compare your latest lab values against previous lab results, so you can determine if you are on track to meet your Personal Health Goal.



What is a Personal Health Score?

Your Personal Health Score is based on a health index designed by physicians and other health care professionals with targets based on national medical guidelines. Your Personal Health Score is comprised of several key health risk factors (blood pressure, LDL cholesterol, glucose, triglycerides and tobacco use) for heart disease, diabetes and stroke. These risk factors are modifiable by lifestyle changes such as diet, exercise and medications when necessary.

Each year that you participate in a health evaluation you will be provided a Personal Health Score and Goal based on your results. We recommend that you work closely with your physician and follow his/her guidance to help you meet your Personal Health Goal for the next health evaluation.

How is my Personal Health Score calculated?

- **Blood Pressure:** 1 point is added per blood pressure unit above 139/89 (Systolic/Diastolic). A credit of 5 points can be earned if both systolic and diastolic blood pressure values are below 140/90.
- **LDL Cholesterol:** 1 point is added per LDL unit above your personal LDL target **level of 99 mg/dl, 129 mg/dl or 159 mg/dl**. A credit of 5 points can be earned if you are at or below your LDL target. **Your LDL target is calculated based on your personal risk factors and can change from year to year, the more risk factors you have the lower your target will be.** Risk factors include but are not limited to: tobacco use, diabetes, high blood pressure, age (men \geq 45 years; women \geq 55 years), Body Mass Index (BMI) and physical activity patterns.
- **Glucose:** 1 point is added per glucose unit above 99 mg/dl. A credit of 5 points can be earned if glucose is at or below 99 mg/dl.
- **Triglycerides:** 1 point is added per 10 triglyceride units above 149 mg/dl. A credit of 5 points can be earned if triglycerides are at or below 149 mg/dl.
- **Smoking:** 40 points are added for using any tobacco product.

How is my Personal Health Goal set?

1. If your current score is -20 to zero, your goal is to remain in this range
2. If your current score is 1 to 25, your goal will be -20 to zero
3. If your current score is above 25, your goal will be to improve by 60%

How does my goal affect me?

Your company may have an incentive program based on meeting your goal.

Reasonable Alternative Standard Information:

If you are unable to meet your health goals that are 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 specific date; keep an eye out for additional communication regarding this date. Please contact Interactive Health at least two weeks prior at (800) 840-6100 and ask to speak to our health management team about a reasonable alternative standard to qualify for the incentive.

