

Your Health is in YOUR hands

A **HEALTH EVALUATION** provides a valuable picture of your health. Knowing your health status will:

- Empower you to take steps toward better health
- Save you money/help you earn rewards
- Change your life! Read others' stories at www.facebook.com/interactivehealthinc



“ Knowledge is power. The program identified health issues that need addressing and gave me the tools to do so effectively. I can honestly say I am healthier today because of it. ”

-Eric, Cleveland, OH

Registration is **NOW OPEN** for the Health Evaluations. **Sign up today!** Login to your account to schedule an appointment. If you are new to the program enter Sponsor Code **Z2FTW**.

Sign-Up is Easy!



ONLINE! www.myinteractivehealth.com



BY PHONE! (800) 840-6100

The Wausau School District offers free Health Evaluations to all employees (and their spouse if on the group health plan) that are **FAST, FREE** and **CONFIDENTIAL!**

To help you and your family commit to health, the Wausau School District offers a significant incentive for all employees and spouses who are on the group health plan and who participate in the WSD Wellness Program. You will earn 30 points towards your Personal Health Action Plan just for participating.

The confidentiality of your results is important to us. Want more information? See our [Privacy and Security](#) link at www.myinteractivehealth.com.

Choose from Two Convenient Options

1. **ONSITE**
 - Participate onsite at Wausau School District **November 8 through December 6, 2018**
2. **TEST AT A LAB**
 - Participate at a nearby lab now through **December 20, 2018**

See next page for more details



2018 Health Evaluation Schedule

Location	Dates/Times	Register By:
Lincoln Elementary School	November 8 6:00 AM – 11:00 AM	Wed., October 31
Maine Elementary School	November 9 6:30 AM – 9:30 AM	Wed., October 31
Longfellow Administration Center	November 10 November 17 6:00 AM – 11:00 AM 6:00 AM – 11:00 AM	Wed., October 31 Wed., November 7
Franklin Elementary School	November 12 6:30 AM – 10:00 AM	Wed., November 7
John Muir Middle School	November 12-14 6:00 AM – 11:00 AM	Wed., November 7
GD Jones Elementary School	November 13-14 6:30 AM – 10:00 AM	Wed., November 7
Grant Elementary School	November 15 6:00 AM – 11:30 AM	Wed., November 7
Rib Mountain Elementary School	November 15 6:30 AM – 12:00 PM	Wed., November 7
Hawthorn Hills Elementary School	November 16 6:30 AM – 10:00 AM	Wed., November 7
Riverview Elementary School	November 16 6:00 AM – 12:00 PM	Wed., November 7
Horace Mann Middle School	November 19 November 20 6:00 AM – 11:30 AM 6:30 AM – 11:30 AM	Wed., November 14
John Marshall Elementary School	November 7 6:30 AM – 11:00 AM	Wed., October 31
South Mountain Elementary School	November 26 6:30 AM – 10:00 AM	Wed., November 21
Stettin Elementary School	November 27 6:30 AM – 10:00 AM	Wed., November 21
Thomas Jefferson Elementary School	December 6 6:30 AM – 11:30 AM	Wed., November 28
Wausau East High School	November 28-30 6:00 AM – 11:00 AM	Wed., November 21
Wausau West High School	December 3-5 6:00 AM – 11:00 AM	Wed., November 28

What Else Should I Know?

Please fast for 12 hours before your test. Drink plenty of plain 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.

You can share your Health Evaluation results with your physician. Simply have your physician’s name and clinic phone and fax numbers available when you sign up or when you come to your appointment. You can also go to www.myinteractivehealth.com and provide this information.

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 **January 15, 2019**. Please contact Interactive Health at least 2 weeks prior to this date at (800) 840-6100 or at rasrequest@interactivehealthinc.com to ask our health management team about a reasonable alternative standard to qualify for the incentive.