

# Wausau School District

## 2017-2018 Program Overview

Wausau School District  
Wellness



Welcome to Wausau School District 2017-2018 Wellness Program! Learn your current health status through a health evaluation and health assessment. Below are ways you and your spouse can earn points throughout the program year (October 2 – April 20) to qualify for an incentive. (Incentives apply to health plan participants only) Visit [www.myinteractivehealth.com](http://www.myinteractivehealth.com) to review your plan, points earned, and complete the activities below.



### Healthy Activities

### Points per Action

Complete Health Evaluation	30
Achieve Personal Health Score within the "Healthy" range (-20 to 0)	35
Complete Online Workshop	10
Complete Challenge	5
Treasure Hunt Quiz	5
Local Activity	5
Complete Preventive or Dental Exam	5
Complete Personal Health Mission Statement	5
Log Exercise via Cardio Log on Member Website (1 point for each week exercise is logged; up to 10 total points)	1

### Get Started!

[myinteractivehealth.com](http://myinteractivehealth.com)

**First time users register with Sponsor Code Z2FTW.**

### Incentives

30 pts = \$75

100 pts = \$325

# 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!

## Health Evaluation:

Participate in the 2017 Health Evaluation to receive a comprehensive evaluation of your health. More information to come about how you can sign up!

## Personal Health Score & Goal:

Learn your Personal Health Score and Goal through completing the Health Evaluation. Participate in activities on your Action Plan to help you stay on track!

## Local Activities

Examples of Local Activities include, but are not limited to: Complete 5K+ Walk or Run, Volunteer to Work 5K Walk or Run, Receive Flu Shot, Volunteer at Charity Event, Attend Fitness Center, Participate in a Food Drive, Attend Blood Drive, Attend Lunch and Learns or Onsite Educational Meetings, Weight Watchers at Work, Attend Health Webinars



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!



Need some assistance on where to start?  
Talk to one of our Health Coaches at (800) 840-6100!



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](mailto:rasrequest@interactivehealthinc.com) to request a reasonable alternative standard to qualify for the incentive.

