

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

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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 also offers a significant incentive for all employees and spouses who are on the group health plan who participate in the WSD Wellness Program. 30 points will be earned 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 20 through December 8**
2. **TEST AT A LAB**
 - Participate at a nearby lab now through **December 21**

Wausau School District
Wellness



See next page for more details



2017 Health Evaluation Schedule

Location	Dates/Times	Register By:
GD Jones Elementary School	November 20-21 - 6:30AM – 10AM	Wed., November 15
Riverview Elementary School	November 20-21 - 6:30AM – 10AM	Wed., November 15
Thomas Jefferson Elementary School	November 20-21 - 6:30AM – 10AM	Wed., November 15
Horace Mann Middle School	November 28-30 - 6AM – 10AM	Wed., November 22
John Muir Middle School	November 28-30 - 6AM – 10AM	Wed., November 22
Wausau West High School	November 28 - December 1 - 6AM – 9:30AM	Wed., November 22
Franklin Elementary School	December 1 - 6:30AM – 10:30AM	Wed., November 22
Hawthorn Hills Elementary School	December 1 - 6:30AM – 10AM	Wed., November 22
Longfellow Administration Center	December 2 - 6AM – 10AM (Sat.)	Wed., November 22
	December 9 - 6AM – 10AM (Sat.)	Wed., November 29
Grant Elementary School	December 5 - 6AM – 11AM	Wed., November 29
Stettin Elementary School	December 5 - 6:30AM – 10AM	Wed., November 29
Wausau East High School	December 5-8 - 6AM – 9:30AM	Wed., November 29
Maine Elementary School	December 6 - 6:30AM – 10AM	Wed., November 29
South Mountain Elementary School	December 6 - 6:30AM – 10AM	Wed., November 29
John Marshall Elementary School	December 7 - 6:30AM – 10:30AM	Wed., November 29
Lincoln Elementary School	December 7 - 6:30AM – 10AM	Wed., November 29
Rib Mountain Elementary School	December 8 - 6:30AM – 10AM	Wed., November 29

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.

Reasonable Alternative Standard 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 17, 2018**. 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.