

LIVE LIFE WELL

Your wellness program shows you the way.

Schedule your
Health Evaluation today!

Sign Up Now!

A New Version of You Is Waiting.

Our program helps identify your health risks:

32 Panel Health Evaluation

- Total cholesterol, HDL, and LDL
- Triglycerides and fasting glucose
- Blood pressure

Health Assessment

- Eating and exercise habits
- Sleep routines
- Emotional patterns
- Heart risks and more



Easy
at work or at a lab



Free
for all employees,
and for spouses on
the group health plan



Confidential
your employer
won't see it




Rewarding
earn points on your
Personal Health
Action Plan

Sign Up Now — It's Simple!

- 1 Go to myinteractivehealth.com.
- 2 New user: enter code Z2FTW.
Returning user: log in with user ID and password.
- 3 Click on "Schedule Now" to choose your appointment time.

Rather call? Contact us at (800) 840-6100, Monday – Friday,
8 am – 6 pm CT.

Save time — do your online Health Assessment in advance
at myinteractivehealth.com.

[Health Evaluation locations](#) 

DISCOVER A HEALTHIER, HAPPIER YOU.

Get there with your wellness program.

Sign up now!
myinteractivehealth.com

Choose the Location That Works for You.

Complete your Health Evaluation at work, or at a lab.

At Work – 2019 Schedule

Date	Location	Time	Sign Up By
Nov. 5-7	John Muir Middle School	6-11am	Oct. 30
Nov. 5	Riverview Elementary	6am-12pm	Oct. 30
Nov. 6	Rib Mountain Elementary	6:30am-12pm	Oct. 30
Nov. 7	South Mountain Elementary	6:30-11am	Oct. 30
Nov. 8	Grant Elementary	6:30-11:30am	Oct. 30
Nov. 9	Longfellow Admin. Center	6-11am	Oct. 30
Nov. 16	Longfellow Admin. Center	6-11am	Nov. 6
Nov. 23	Longfellow Admin. Center	6-11am	Nov. 13
Nov. 12-13	GD Jones Elementary	6:30-10am	Nov. 6
Nov. 12-14	Wausau East High School	6-11am	Nov. 6
Nov. 12-13	Wausau West High School	6-11am	Nov. 6
Nov. 14	John Marshall Elementary	6:30-10am	Nov. 6
Nov. 14	Stettin Elementary	6:30-10am	Nov. 6
Nov. 14	Thomas Jefferson Elementary	6:30-11:30am	Nov. 6
Nov. 15	Thomas Jefferson Elementary	6:30-8:30am	Nov. 6
Nov. 15	Hawthorn Hills Elementary	6:30-10am	Nov. 6
Nov. 15	Lincoln Elementary	6:00-10am	Nov. 6
Nov. 19	Maine Elementary	6-10:30am	Nov. 13
Nov. 20-21	Horace Mann Middle School	6-11am	Nov. 13
Nov 22	Franklin Elementary	6:30-10:30am	Nov. 13

At a Lab – Mondays through Thursdays only.

Register online at myinteractivehealth.com and select a lab location convenient for you.

No need to wait for paperwork! *Receive a code on your mobile device and present it to the lab technician, or you can download your lab requisition, print and bring it to the lab. Or call (800) 840-6100 to receive your paperwork by email, or by the U.S. mail (regular mail will take about one week).



*To receive your lab code, select a participating lab displaying this icon when registering online.

All labs must be completed, and all paperwork returned to Interactive Health by December 19, 2019.



Download the
My Interactive Health app.

Tap In to Program Perks.

- Find out if you have any health risks.
- Get action plans and recommendations based on your health needs.
- Connect with a health coach.
- Track food, exercise, sleep, mood, and more — on any device.
- Take part in on-demand workshops and webinars.

Want to Join In?

This program is free for all employees, as well as spouses who are on the group health plan.

It pays off!

Employees and spouses on the group health plan and who participate in the WSD Wellness Program can earn points toward your Personal Health Action Plan just for participating and meeting your health goal!

Always private and secure — it's the law!

Personal information that you provide, and health data obtained through your Health Evaluation will only be used by Interactive Health to provide you with personally relevant information. Interactive Health will not, under any circumstances, share this information with your employer. In addition, Interactive Health will not sell or rent information to any outside third party. We respect the privacy of all our members.

Reasonable alternative standard information
If you are unable to participate or meet your health goals 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 (that, if you wish will be developed with your doctor). This alternative course of action must be completed by January 28, 2020. Please contact Interactive Health at least two weeks prior to this date at (800) 840-6100 or rasrequest@interactivehealthinc.com to ask about a reasonable alternative standard to qualify for the incentive.