

The knowledge you need
to succeed



Coaching Courses

Telephonic HealthFocus courses are confidential and free to anyone who participates in the Health Evaluation

- Your personal health coach will guide you in making lasting lifestyle changes
- Course material will be customized to meet your health goals

Sign up now!

Call (800) 840-6100 to register for a HealthFocus course

Course Descriptions

Healthy Living for Cancer Prevention

Learn about what you can do in your daily living through healthy eating and exercise to help reduce the risk for developing cancer. Understand recommendations for preventive exams and cancer screenings.

Take Care of Your Back

Discover how correct posture, body mechanics, workstation ergonomics, and healthy habits can prevent back pain and other musculoskeletal disorders. Enhance your knowledge of common causes of back pain, in-home treatments to alleviate discomfort, and when it's important to seek medical care.

Tobacco-Free for Life

Learn quit techniques to identify triggers and cope with withdrawal symptoms to help you create a successful quit plan. Develop strategies for relapse prevention. Work with an experienced professional and live a tobacco-free life!

Diabetes Prevention and Control

Increase your knowledge of diabetes and learn how to make healthy lifestyle choices. Nutritional and exercise strategies are explored to help you take control of your diabetes or prevent the development if you're at risk.

Lifestyles for Successful Weight Loss

Learn a balanced, non-diet approach to losing weight and keeping it off with a personalized plan to help you meet your goals. This course will help reshape your habits as you reshape yourself.

Managing Cholesterol Levels

Learn how to lower LDL cholesterol and triglycerides while raising HDL cholesterol levels through nutrition and exercise. Understand what you can do through healthy lifestyle changes to help reduce the risk of heart attack or stroke.

Managing and Preventing High Blood Pressure

Develop strategies to reduce your blood pressure with a healthy lifestyle to help avoid, delay or reduce the need for medication.

Better Nutrition

Learn how to create realistic, achievable goals while evaluating current eating habits. Discover strategies for meal planning, eating out, nutrition on the run and more.

Personalized Fitness

Develop strategies to fit exercise into your busy schedule using a fitness routine to help you achieve your fitness goals. Learn tricks to stay motivated and feel energized!

Achieving Balance

Work with your coach in developing behavioral change techniques to reduce stress, achieve balance and improve your quality of life.

Why Managing your Medications Matters

Taking prescriptions properly plays a major role in staying as healthy as possible. Learn how to ensure that you are taking your medications in a safe, effective, and economical manner.

Getting a Goodnight's Sleep

Inadequate sleep may affect your health, mood, and weight. Develop techniques to help enhance sleep and improve sleep habits and behaviors. Wake up refreshed after a restful night's sleep.





The proven path to wellness



Your Resources

As an Interactive Health wellness program member, you have access to a comprehensive suite of resources to help you manage your health. Your wellness program begins with a comprehensive Health Evaluation (biometric screening and Health Assessment). Once you have completed the Health Evaluation, you have access to these resources, available at no cost.

Share Your Results with Your Doctor

Sign the authorization form at the time of your Health Evaluation and we'll share your lab results with your physician. Or, you can fax them from the member website at any time.

Health Coaching

Telephonic coaching with an expert who specializes in your health needs. Your health coach will guide you through lifestyle changes to meet and maintain your personal health goal. See back of page for more details. Courses are also available in Spanish.

Six Month Re-Check

Six months after your Health Evaluation, you have the option to participate in an additional biometric screening at no cost to you.

"Results for Life" Newsletter

A monthly update on the latest wellness trends featuring articles, recipes and fitness tips designed to help you live a healthier lifestyle.

Health Webinars

Live webinars featuring a new health topic every month. Sign up to attend a webinar or view recorded webinars on the member website.

Website

Our member website provides the information you need to reach your health and wellness goals. Visit www.myinteractivehealth.com to access your test results, personal health score, resources to meet your goal, personalized content, a medical encyclopedia and more!

- **Kids Health**

Youth focused medical database with sections written for children, teens and parents. All sections feature age-appropriate health related subjects written to the level of the reader.

Facebook

Share why you participated in a health evaluation with Interactive Health. With over 500,000 members in Interactive Health programs nationwide, our growing Facebook community would love to hear your story. Join the conversation: www.facebook.com/interactivehealthinc

