

## 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

Send your physician your personal lab results. Have your results automatically sent by signing the authorization form at the time of your Health Evaluation or send at any time from the member website.

#### Health Coaching

Personalized coaching by phone 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.

#### Six Month Re-Check

Six months after your Health Evaluation, you have the option for an additional no cost biometric screening. You will receive details on how to schedule your follow-up screening.

#### “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 personal member website provides the information you need to reach your personal health goals. Access your test results, personal health score, goal, resources to meet your goal, personalized content and a medical encyclopedia.

- **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.

